



City of Longmont

Recreation

& Golf Services



Your Community, Your Life

Summer 2015



See Inside:

- City Information Section
- Event Calendar Pullout
- Rhythm on the River Schedule • July 10 & 11

Quick Reference Guide

3 Easy Ways to Connect with Recreation

Questions? Registrations? Reservations?



ONLINE: RecSupport@LongmontColorado.gov

- Home Page: www.LongmontColorado.gov
- Program Registrations: www.LongmontColorado.gov/rec
- Park Shelter Reservations: www.LongmontColorado.gov/park-shelters



IN PERSON:

- Centennial Pool, 1201 Alpine St
- Longmont Recreation Center, 310 Quail Rd
- St Vrain Memorial Building, 700 Longs Peak Ave



OVER THE PHONE:

See more phone numbers inside on page 2 in the City Info Section

1. General Class Registrations: 303-651-8404
2. Aquatic/Swim Lesson Registrations: 303-651-8406
3. Longmont Recreation Center Facility Questions: 303-774-4800
4. Park Shelter Reservations: 303-651-8404
5. Athletics/Sports League Registrations: 303-774-4800
6. Facility Reservation Information: 303-651-8404
7. Birthday Parties: 303-651-8404

Register for classes Beginning April 14, 2015

IMPORTANT INFORMATION

- Full payment is due at registration.
- \$5 minimum service charge assessed for cancellations. Cancellations requested with less than 7 days notice are subject to no refund or loss of a percentage of fees paid.
- Sorry, refunds cannot be given in cash. A check will be issued and mailed within 2 weeks.
- \$20 charge on all returned checks.
- A resident is defined as living within the City limits of Longmont and having utilities (trash service) provided by the City of Longmont.
- Classes may be cancelled or consolidated if minimum enrollment figures are not met 3 business days before a class starts. Participants will then be contacted.

GOLF ADVISORY BOARD

Carlo Alaqua
Kurt Finley
James Manzanares
Greg Tafel

Anne Dorozenski
Mark Frederick
Dave W. Wergin
Gabe Santos, *City Council Liaison*



COMMUNITY SERVICES DEPARTMENT

Premier municipal services committed to being dynamic, innovative and fully accessible for our residents so they can live, work and play to their fullest.

- Affordable Housing/CDBG
- Children, Youth and Families
- Community and Neighborhood Resources
- Library
- Museum and Cultural Center
- Recreation & Golf Services
- Senior Services

PARKS & RECREATION ADVISORY BOARD

Rick Accountius
Doug Golliher
Cherese Montgomery
Amy Saunders
Brian Bagley, *City Council Liaison*

J.D. Birchmeier
Karen Kochanski
Robert Pudim

Admittance Fees

(All fees are subject to change. Resident is defined as within Longmont city limits.)

Drop-In Visit

(per person)

	Resident	Non-Resident
Tot Under 2 years	Free	Free
Child 2-10 years	\$3.75	\$4.75
Youth 11-17 years	\$4.00	\$5.00
Adult 18-54 years	\$5.00	\$6.25
Senior 55 and up	\$4.00	\$5.00
Designated Family Swims	\$11.00	\$13.75

Drop-In Visit fees are good for all day, same day use, at a any site with receipt.

20 Visit Pass Valid at all facilities - Expires 5 years from date of purchase. Pass fee listed effective Jan 2, 2015.

	Resident	Non-Res	Corp/Mil
All ages	\$75.00	\$93.75	\$67.50

20 visit passes may be shared with friends and family.

Please present card when checking in.

Annual*

All facilities included. Expires 1 year from date of purchase

	Resident	Non-Res	Corp/Mil
Child 2-10 years	\$143.00	\$178.75	N/A
Youth 11-17 years	\$204.00	\$255.00	N/A
Adult 18-54 years	\$358.00	\$447.50	\$286.50
Senior 55 and up	\$204.00	\$255.00	\$163.25
Household†	\$674.00	\$842.50	\$602.50
Couple	\$594.00	\$742.50	\$522.50

Annual pass purchases include 2 free visits for individual passes, 4 for couple passes, and 6 for household passes. Free visits expire after 1 year.

Quarterly* Valid at all facilities. Expires after 3 months.

	Resident	Non-Res	Corp/Mil
Child 2-10 years	\$41.00	\$51.25	N/A
Youth 11-17 years	\$59.00	\$73.75	N/A
Adult 18-54 years	\$103.00	\$128.75	\$82.50
Senior 55 and up	\$59.00	\$73.75	\$47.25
Household†	\$194.00	\$242.50	\$174.50
Couple	\$171.00	\$213.75	\$154.00

Monthly Auto Debit Pass*

Valid at all facilities. Monthly credit card charge or checking/savings account debit on the 10th of the month. Minimum commitment 3+ months required.

	Resident	Non-Res	Corp/Mil
Child 2-10 years	\$14.00	\$17.50	N/A
Youth 11-17 years	\$20.00	\$25.00	N/A
Adult 18-54 years	\$36.00	\$45.00	\$32.50
Senior 55 and up	\$20.00	\$25.00	\$18.00
Household†	\$67.00	\$83.75	\$63.00
Couple	\$59.00	\$73.75	\$55.50

Requires minimum commitment of three full month payments in addition to any pro-rated month. Forms to cancel auto debit must be received by the 25th of the month prior to stopping; no proration. Any overdraft fees responsibility of card-holder.

*Extended Passes

The benefits of Annual, Quarterly, and Monthly auto-debit passes:

Admittance to all indoor year-round facilities. Admittance to seasonal outdoor facilities (Ice Pavilion, Sunset & Roosevelt Activity Pools).

Free towels at LRC and the St Vrain Memorial Building.

Free Babysitting at LRC for Family Passholders.

Free ice skate rental at Ice Pavilion.

†Household pass: The household rate is for 2 adults, their children (22 & under) living at home.

Prescheduled Group Rate (10+ people)

A reduced visit drop-in rate for groups of 10 or more at the Longmont Recreation Center, (303) 774-4800; Centennial Pool, (303) 651-8406; and the Ice Pavilion (303) 774-4777 (skate rental additional). A name, phone number and number of people expected is required to pre-schedule at a facility. No deposit necessary. 24 hr advance notice required. Please call for rate details.

	Resident	Non-Resident
Child/Youth 2-17 years	\$3.50	\$4.25
Adult 18-54 years	\$4.50	\$5.75
Senior 55 and up	\$3.50	\$4.25

Roosevelt Activity Pool Fees

	Resident	Non-Resident
Under 1 yr	\$0.50	\$0.75
1-5 yr	\$2.75	\$3.25
6yr & older	\$3.25	\$4.00
Family Swim*	\$7.00	\$8.25

*Only valid on designated days

Roosevelt Activity Pool Season Pass

(valid May 29-Aug 16) Valid only at Roosevelt Activity Pool. Please purchase at Centennial Pool, Sunset Pool, St Vrain Memorial Building, or the Longmont Recreation Center.

	Resident	Non-Resident
Under 1 year	\$8.75	\$11.00
1 to 5 years	\$48.25	\$60.25
6years and older	\$56.75	\$71.00
Family	\$105.00	\$131.25

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Follow us on Facebook!

www.facebook.com/longmontrecreation





Longmont Civic Center

350 Kimbark • 303-776-6050

Hours of Operation:

Monday 8am-5pm | Tuesday 7:45am-6pm
Wednesday 8am-5pm | Thursday 7:45am-6pm
Friday 8am-5pm | Closed Saturday and Sunday

Holidays: Closed May 25, July 3, and September 7

City Council

There are a variety of ways to contact city council members:

- City council meetings, every Tuesday at 7 pm
- Coffee with Council, last Saturday of every month Jan-Oct
- Mail c/o City Clerk's Office, 350 Kimbark St. 80501
- Public events, including Cinco de Mayo, Rhythm on the River and Festival on Main
- Email and phone

MAYOR

Dennis Coombs

Term expires 11/2015

dennis.coombs@ci.longmont.co.us

303-651-8602

Mayor Pro Tem, WARD I

Brian Bagley

Term expires 11/2015

brian.bagley@ci.longmont.co.us

720-400-9877

WARD II

Jeff Moore

Term expires 11/2017

jeff.moore@ci.longmont.co.us

720-606-3668

WARD III

Bonnie Finley

Term expires 11/2015

bonnie.finley@ci.longmont.co.us

720-438-8818

AT-LARGE

Polly Christensen

Term expires 11/2017

polly.christensen@ci.longmont.co.us

720-606-3665

AT-LARGE

Sarah Levison

Term expires 11/2015

sarah.levison@ci.longmont.co.us

303-847-1647

AT-LARGE

Gabe Santos

Term expires 11/2017

gabe.santos@ci.longmont.co.us

303-775-4005

LONGMONT PHONE NUMBERS

General Information	303-776-6050
Animal Control	303-651-8500
Building Inspection	303-651-8332
CDBG / Affordable Housing	303-651-8736
Children, Youth and Families	303-651-8580
City Manager / Mayor	303-651-8601
Code Enforcement	303-651-8695
Community & Neighborhood Resources	303-651-8444
Economic Development	303-651-8330
Electric Power Interruption	303-776-0011
Fire Administration	303-651-8437
Hearing Impaired TTD#	800-659-3656
Longmont Ice Pavilion (Seasonal)	303-774-4777
Longmont Museum & Cultural Center	303-651-8374
Longmont PD/BCSO Firing Range & Training Center	303-774-4587
Longmont Power & Communication	303-651-8386
Longmont Public Library	303-651-8470
Municipal Court	303-651-8688
Parking Enforcement	303-651-8658 or 303-774-4724
Parks & Open Space	303-651-8446
Police Administration	303-651-8555
Public Works Engineering	303-651-8304
Roosevelt Activity Pool	303-774-4455
Senior Center	303-651-8411
Street Maintenance, Trash & Recycling	303-651-8416
Sunset Pool	303-651-8300
Sunset Golf Course	303-651-8466
Twin Peaks Golf Course	303-651-8401
Union Reservoir	303-772-1265
Ute Creek Golf Course	303-774-4342
Utility Billing	303-651-8664
Water/Sewer/Storm Drainage	303-651-8468

LONGMONT ONLINE

- **Home Page:** www.LongmontColorado.gov
- **LifeLongmontLearning:** www.lifelongmontlearning.com/
- **Twitter:** www.twitter.com/cityoflongmont/
- **City Line:** www.LongmontColorado.gov/cityline
- **Facebook:** www.facebook.com/cityoflongmontco
- **YouTube:** www.youtube.com/user/cityoflongmont
- **Flickr:** www.flickr.com/groups/longmontcolorado/



Join Coffee With Council in 2015

The public is invited to Coffee with Council typically held on the last Saturday of the month, January through October, at local coffeehouses throughout Longmont. For exact times and dates check the Longmont website at www.LongmontColorado.gov.

For information about city council meetings and agendas, visit www.LongmontColorado.gov or call the City Clerk's Office at 303-651-8649.

Celebrate Cinco de Mayo Longmont Style

**Saturday, May 2,
11am to 6pm
at Roosevelt Park,
700 Longs Peak Ave**
This year's 13th annual Cinco de Mayo Celebration aims to create awareness of the many diverse cultures that exist in our county and create a better understanding and recognition of the contributions of Latino culture in Longmont.



Longmont's Cinco de Mayo Celebration has a long history of being a healthy, family-oriented, alcohol- and tobacco-free event. Enjoy musical and dance entertainment groups, vendor and information booths, a car show, the famous Chihuahua contest, and tons of great food! There also are many fun activities for children, and admission is free.

This year's car show will be hosted by the Touch of Pride Car Club from 12:30 pm to 6 pm. All entries must register between 7 am and 1:30pm and have a signed liability waiver on file to participate. Entry fees are \$25 for cars, \$15 for bikes, and free for "under construction" entries.

Outdoor Warning System Tested Every Month Through the Summer

Every year from April through August, the City of Longmont tests the outdoor emergency warning system the first Monday of each month at 10 am. Other than for testing, the system will be used only to notify the community when action should be taken.

The sirens are for OUTDOOR warnings, although you might hear a nearby siren indoors. If you hear the siren and it isn't 10 am on the first Monday of the month, you should immediately seek shelter inside and tune to a local television or radio station to learn more about the nature of the emergency. Comcast channel 8 and radio station KOA 850 AM are good choices.

Please DO NOT CALL 911 when you hear the siren unless you have a real emergency. It is critical to keep the 911 lines open for people who require immediate assistance. Residents are encouraged to use battery-operated weather radios that activate automatically during severe weather.

For more information, contact the City of Longmont Office of Emergency Management at 303-651-8438.

Take your place on a city board or commission!

What is your passion? Preserving history? Programs for senior citizens? Longmont's beautiful parks and open spaces? Ensuring that community services are available to everyone?

If you have a desire to serve your community and participate in the deliberation of topics of importance to the city, consider serving on a volunteer advisory board. Applicants must be registered voters and residents of Longmont for at least one year prior to serving.

It's as easy to apply! Visit the City's website at www.longmontcolorado.gov/board-application. Questions? Call the City Clerk's Office at 303-651-8649.

Prepare for Mosquito Season - Fight the Bite

For the past few years, Boulder, Weld and Larimer counties have been hotspots for mosquitos that carry the West Nile virus. The City of Longmont works with the Boulder County and Weld County health departments, the Centers for Disease Control and Prevention (CDC), the Colorado Department of Public Health, and Colorado Mosquito Control to lessen the impact of West Nile in our community.

The City's mosquito program relies on several tactics to address the problem, and localized spot spraying is one of them. Localized spraying usually occurs around small ponds and streams where mosquitos breed. Rarely, the City conducts citywide spraying when there is a significant risk of West Nile virus but only after recommendations from Boulder County Public Health, the Colorado Department of Public Health and Environment, the CDC, and the Longmont City Manager.

Although Longmont has a sophisticated mosquito control program, the most important component is residents protecting themselves. Follow these tips – the 4 Ds – to avoid mosquito bites:

- ✓ Dusk: Minimize activity between dusk and dawn.
- ✓ Dress: Wear long sleeves and long pants when you are outside between dusk and dawn.
- ✓ Drainage: Remove all stagnant water in your yard, including in pools, birdbaths, tires and pottery.
- ✓ DEET: Use a mosquito repellent when you are outside, preferably one that contains DEET.

You also can call the toll-free Comment Line at 877-276-4306 or 303-558-8730 to report problem areas or voice concerns.

Spring Clean Up:

Remember to Keep Utility Meters Accessible

Each month, City of Longmont employees read about 63,000 electric and water meters. Their goal is to quickly and accurately read each meter so that you receive utility bills with actual, timely readings rather than estimates.

In some cases, this process can present a challenge. Plants, yard décor, debris or fenced areas around meters can create barriers that keep readers from getting close enough to read the meter. Fortunately, there are things that you can do to help.

Remember to clear any obstructions around meters for a minimum of three feet to allow access. The path to a meter should also be free of any brush or vegetation and if your meter is within a fenced area, please keep gates unlocked and in good working condition.

You also have the option to switch to an automated meter-reading system that collects a read without an employee entering your property. If this option is chosen, a one-time fee can be added to your utility bill to cover the cost of additional equipment and installation. Payment options are also available.

City of Longmont staff can answer any questions you may have about keeping meter reading areas cleared or obtaining automated meter reading equipment. For more information, call Longmont Power & Communications at 303-651-8386.



Clean Beyond Spring: Volunteer Opportunities

Adopt-A-Park or Adopt-A-Greenway Section

Consider joining the City's Adopt-A-Park or Adopt-A-Greenway programs and help keep Longmont "Clean and Green" all year long! Numerous locations are available for adoption. For more information, visit bit.ly/GetInvolvedLongmont or call (303) 651-8446.

Flood Restoration, Weed Control, & Avian Monitoring

This 2015 season you can make a big difference in your local community through a variety of exciting programs, and Longmont definitely needs your help! Many of our riparian areas are still damaged from the 2013 floods, and we'll have lots of opportunities for you to get involved in the restoration process. Whether your interests lie in flood restoration, invasive weed removal, or bird and raptor monitoring, we've got something for you! Please visit bit.ly/GetInvolvedLongmont for more information and to get signed up.

Maintaining Our Greenways

As spring approaches, you may begin to see Natural Resources crews out and about on open sections of greenways throughout town doing various maintenance activities.

It is the City's goal to use greenways to maintain and enhance native habitats, conserve water, and enrich residents' enjoyment of the district parks and open spaces, as well as offer alternative travel routes. The design and maintenance of greenways focuses predominantly on habitat enhancement by increasing cover, removing non-native plants and noxious weeds, and managing wildlife, while maintaining access trails for people, as appropriate. In addition to providing for the needs of wildlife, the City also reduces water use, lessens operating costs for mowing and improves the environment by reducing weeds and filtering storm water.

To learn more about where, how or why certain maintenance procedures are performed, please visit LongmontColorado.gov/parks

Utility Payment Assistance

With the costs of utility services rising, some in our community need help to make ends meet. The City of Longmont has posted a list of 24 agencies that offer utility payment assistance at www.bit.ly/longmontutilityassistance. Applicants must meet stringent qualifications, and some programs are designed for vulnerable populations such as those 55 or older, lupus and MS patients, and veterans. Longmont's Utility Billing Division also offers payment programs for residents who are behind in their payments. If you are unable to pay by the date noted on your bill and you wish to make a payment arrangement, call Utility Billing Customer Service at 303-651-8664 between 8 am and 5 pm Monday through Friday. Failure to pay your bill may result in your service being disconnected.

Become a Part of History!

Join the initiative to make Longmont the safest city in America. In partnership with the City of Longmont, Lassy Project is protecting our kids. We need your help.

Joining the Lassy Project is easy and FREE!

1. Download and register the free app from you app store.
2. No smartphone? No problem! Register at lassyproject.com
3. Build your safety network by inviting your friends and neighbors.

Lassyproject.com/longmont

Flood Facts – Keep an Eye on Rivers and Streams

Springtime is usually a wet season, so City of Longmont staff watch rivers and streams in the area with a keen eye, especially after the September 2013 flood. Fortunately, there is no reason for concern at the moment – the Left Hand Creek channel has been fully restored post-flood and the St. Vrain Creek channel has been repaired to the point that it can carry a heavy spring runoff. Nevertheless, spring provides a good opportunity to remind residents about the dangers of flooding.

High snowpack, warm temperatures and heavy thunderstorms are a recipe for flooding in areas near Left Hand Creek and the St. Vrain Creek in Longmont. Residents are advised to keep an eye on the sky and listen to weather warnings from the National Weather Service and City officials.

In addition, you can sign up to receive a phone call, text message, or email message when flooding is imminent. Residents are encouraged to sign up for the Everbridge emergency notification system at LongmontColorado.gov/police..

The Everbridge system does not replace Boulder County's reverse 911 system. Instead, it supplements reverse 911 by adding the capability of sending voice messages, text messages and email messages alerting subscribers when an emergency is in progress and provides guidance on what actions to take.

Here are a few general tips for flood preparation:

- **Prepare an emergency evacuation kit.** A gallon-sized plastic bag should hold your prescription medications, and copies of important documents like your driver's license, insurance and financial information. A thumbdrive full of important family photos could also be included.
- **Get to know your neighbors.** You could have neighbors close by who may need some additional help during an emergency.
- **Make your family plan.** Talk to children about what to do, where to meet, and how to contact each other during an emergency.
- **If you rent your home, buy renters insurance.**
- The City will notify residents of disasters using the Everbridge notification system. This system can contact you via text message, email or voice making it very versatile. Register at LongmontColorado.gov/police.
- **A Flood Watch means weather conditions make flooding likely** – be alert and tune in to local media for details.
- **A Flood Warning means flooding is occurring or will occur.** Seek higher ground immediately!

Residents are encouraged to visit LongmontColorado.gov/flood-info for more information on flood preparedness. There, you can also view live river cameras and find more ways to stay updated.



Summer Lawn Watering Guidelines for Residents and Businesses

These eight water conservation tips can help you and your city conserve water, especially during dry years.

1. **Wait to turn on sprinklers until after April 15.** Turf can stay dormant longer than you think and will green-up when you start to irrigate. Hand water trees as needed.
2. **Try to water twice a week to make turf more drought tolerant.** Watering more deeply twice a week and supplementing with rain can make grass roots grow deeper and be more drought tolerant. If you've got a sprinkler system, make sure water gets to the roots by cycling your run times. Cycling run times lets water soak down to the roots with a simple control clock adjustment. Instead of running a zone for 15 minutes, switch to running the zone for 5 minutes once an hour over a three hour period early in the morning.
3. **Don't water between 10 a.m. and 6 p.m.** When you water during the day less water reaches your lawn. Water at night or in the early morning to prevent water loss caused by evaporation and wind.
4. **If it rains, water less. Watch the weather and adjust watering days and times accordingly.** If you have a control clock, use rain sensors to shut off irrigation during rain events.
5. **Watch for irrigation leaks, broken sprinkler heads or damaged irrigation lines that cause water waste.** Repair any leaks quickly.
6. **Install low-water landscape when appropriate.** Avoid installing landscaping during the hottest months, especially during dry years. Look for low-water, drought resistant turf, trees and xeric plants. Check with your water supplier for any additional lawn watering rules.
7. **Let grass grow longer before you cut it.** Raise your lawn mower blade and protect your lawn from heat by letting grass grow longer.
8. **Water plants and trees, not sidewalks.** Instead of using water to spray down your driveway, use a broom. Sprinkler heads causing water to run down your sidewalk or street? Make sprinkler repairs and adjustments to ensure water stays on your plants, turf and trees.

City to Begin Providing Summer and Afterschool Meals in Community

The City of Longmont received a grant from the National League of Cities to enable a partnership with St. Vrain Valley Schools and to provide free summer lunches and afterschool meals for kids 18 and under. The partnership is created to tap into USDA free meals programs that serve neighborhoods and communities where many children are eligible for free and reduced lunches during the school year.

Summer meals will be served at Kanemoto Park, Monday through Friday, June 1 through August 7, with the exception of Friday, July 3. Recreation programs start at 10:30am for fun activities prior to the lunches being served at 11:30am. As part of the enrichment programming, the Library Bibliocycle will come by every Monday and Friday. Daily activities conclude at 12:30pm. Any child who is 18 or younger is most welcome! We also welcome volunteers to help with the activities or serving the meals. Want to volunteer? Questions? Contact Linda at 303-774-3762 or linda.kopecky@LongmontColorado.gov.

While school is in session, the division of Children, Youth & Families will serve meals and snacks at the Youth Center to children ages 18 and under. CYF has a long history of providing after school activities, enrichment programs and leadership opportunities to youth in Longmont and they are excited to collaborate with the USDA free meals programs to begin serving nutritious snack and dinner options as well. This program will begin with the 2015-16 school year. For more information please contact Christina Pacheco, CYF Division Manager, at 303-651-8580 or christina.pacheco@longmontcolorado.gov.

Alive at 25

Alive at 25 is a driver's awareness course designed by the National Safety Council for young drivers ages 15-24. Designed to be an early intervention program, the class helps prevent traffic violations, collisions, and/or fatalities among young motorists. Registration is through Alive@25 by calling 720-269-4046 or the website www.aliveat25.us *July 25 time is 8am-12:30pm.

15 to 24 years: Saturdays 9am-1:30pm*
 Dates: Apr 18, May 16, Jun 20, Jul 25, Aug 22
 Location: St Vrain Memorial Building, 700 Longs Peak Ave
 Fee: \$39 driver permit/\$79 court ordered

Local Service Providers

The City of Longmont Recreation staff strives to provide a broad spectrum of recreation and leisure opportunities for a wide range of ages, interests and abilities. However, we also acknowledge that not every recreational interest is addressed in our program line up. With this in mind, we would encourage you to contact one or more of the other local providers that provide quality programs in the Longmont community. Web addresses and e-mails are available at www.LongmontColorado.gov/rec.

	Contact	Phone
Boulder Valley Lacrosse	Josh Sims	303-952-4049
CO Rebels Fast-pitch Softball	Mark Drouhard	970-381-6307
Dance Dimensions		303-772-3750
Garden Acres Batting Cages	Salvadore	303-682-0822
High Altitude Archery	Tom Adjutant	720-491-3309
Indian Peaks Girls Softball Assn	Melissa Goodard	303-776-3424
Life Bridge Church Sports Dir	JR Masteller	303-776-2927x256
Longmont Athletic Club		303-772-4700
Longmont Baseball League	Office	720-684-6286
Longmont Dance Theatre Academy		303-772-1335
Longmont Grizzlies Wrestling Club	Miguel Mendez	303-641-2373
Longmont Swim Club	Scott	303-520-6161
Longmont Tennis Association	Robert Gerken	303-588-8391
Longmont YMCA		303-776-0370
St. Vrain FC - youth soccer	office	303-651-3109
St. Vrain Youth Football (tackle)	office	720-438-0240
We Sport U - youth flag football	Cyndi Elia	303-651-9790

**Longmont Recreation Center**

310 Quail Road • 303-774-4800

Hours of Operation

Mon-Fri 5:00am-10:00pm

Sat & Sun 7:00am-6:00pm

Family Night: 1st Thursday each month, 6-9:30pm**Holiday Hours:**

Memorial Day (May 25) & July 4th: 10am-4pm

Facility Maintenance Closure: Aug 30-Sept 6

POOL HOURS**Lap Pool:**

Mon-Fri 5:00 am - 9:30pm

Sat/Sun 7:00 am - 5:30pm

Leisure Pool:Slides Open 10am W/F/Sat;
11am M/T/Th/Sun;

Mon-Fri* 9:00 am-9:30pm

Sat/Sun 9:00 am-5:30pm

*No slides/water features on during swim lessons and some fitness classes. Check lesson schedule for class times.

BABYSITTING INFORMATION

Parent/guardian must be in the facility.

Ages: 6 mo - 7 yrs.

Mon-Fri 8:00am-1:30pm

Mon-Fri 4:00pm-8:00pm

Saturday 8:00am-1:00pm

Sunday 8:30am-1:00pm

Hours subject to change.

Youth Sitting, June 2-Aug 8,

Ages 7-10: 8:30am-12pm M-F

Rates:

\$2.50/hr Min 1/2 hour, Max 2 hrs

\$50 for 20 hour passcard.

Included w/Family Annual, Quarterly, and Monthly Passes

CLIMBING WALL**Through May 21**

Mon-Fri 4:30-8:30pm

Sat/Sun 10am-4pm

Summer Hours

Mon-Fri 12-8pm

Sat/Sun 10am-4pm

*Classes available, see Youth/Adult sections.***Personal Training for Climbing Available**

Participants must sign a waiver. Those under 18 must have the waiver signed by a parent/guardian. Those under 8 years must climb with parent/guardian present. Closed toe climbing shoes or tennis shoes required. No minimum age. Must safely fit into city harness (instructor discretion). Wall may be closed during class times.

CAFE**Through May 21**

Mon-Fri 5:15-8:15pm

Sat/Sun 12:15-5:45pm

Summer Hours

Mon-Fri 11:45am-8:15pm

Sat/Sun 11:30am-5:45pm

Vending machines are also available.**A one-stop recreation facility offering:**

- Running track (11 1/2 laps = 1 mile)
- Weight room with free weights and selectorized machines
- Cardio equipment and aerobics room
- Multi-court gymnasium
- Climbing wall
- Classroom/Party room & game room
- Lap Pool (6 lanes, 25 yards)
- Leisure Pool with waterslides, lazy river, and interactive play features
- Cafe and babysitting
- Steam and dry sauna, spa

FACILITY RULES

1. A responsible adult (parent or guardian 14 years and older) must be in the facility with children 10 years of age and under. Responsible adult must accompany and stay involved in the water/facility with all children ages 5 and under.
2. A parent must be in the spa, sauna, or steam room with children ages 6 - 13. Children under 6 years of age are not allowed in the steam room or sauna.
3. Youth must be 16 years or older to use the weight room and fitness area. Youth ages 14 and 15 may be permitted to use these areas with a parent present, or upon successful completion of a weight room orientation. Appropriate athletic apparel is required.

4. A responsible adult (parent or guardian 18 and older) must be on the track with youth under 14.

5. The Recreation Center is not responsible for any articles lost or stolen. Lockers are available on a daily use basis. We encourage you to lock up your belongings and leave your valuables at home. Locks are available for purchase.

6. The Longmont Recreation Center is a public, family oriented facility. Profane language and/or abuse of people or equipment will not be tolerated. Offenders will be asked to leave.

7. Please report immediately any suspicious behavior or equipment abuse to the front desk.

8. No cotton clothing in pool.

*A full listing of our rules and policies may be found in our Guest Guide available at the front desk.***Birthday Party Packages**

Rent an hour of room time for your child's next birthday party! Rental fee includes entry for up to 10 people, adults included. The group rate per person will be applied for up to 20 people. Fee is due at time of booking. Cancellation Fee is \$5.00 if you cancel 7 days or more prior to your event. If you cancel less than 7 days prior, you will receive half your rental fee minus the \$5.00 cancellation fee.

Room rental includes tables and chairs along with pool, gym and climbing wall use before and/or after the room rental. If you would prefer to have a dedicated hour of climbing wall time for your group, there is an additional charge of \$25.00 an hour for every 10 children. Climbing wall birthday party reservations are not available during climbing class and/or open climbing wall times. Climbing Wall Party Packet Information must be completed and turned in on party day. All parents must sign the climbing wall waiver.

Fee: \$70

Call 303-774-4800 for available times or more information.

Large Group Rentals

In order to insure that your group will be able to use the facility - we request any group larger than 25 people to please call and reserve the time that you will be attending. Our pool, gym and rooms have maximum capacity numbers which cannot be exceeded. Therefore, if you were to bring a large group to go swimming we cannot guarantee your entrance if we are full without prior arrangements. Thank You.

Skate Park (Behind the Recreation Center)**Hours:** Daily - Sunrise to Sunset (*Weather Permitting*)**Rules:** Please be respectful of the park, other users, and the neighbors. Skate at your own risk.



St. Vrain Memorial Building

700 Longs Peak Ave • 303-651-8404

Located in Longmont's historic old town district, the St. Vrain Memorial Building offers:

- Locker rooms
- Fitness room
- Weight room with Lifecycles, Ellipticals, Treadmills with cable tv display, free weights, and circuit weights
- Towel rental, locks and lockers are available

Building/Weight Room Hours

Monday-Friday 6:00 am - 8:00 pm
 Saturday 7:30 am - 5:00 pm
 Holiday Hours: Closed
 May 25 & July 4
 Facility Maintenance Closure: Aug 10-15

New Towel Service available: Free for extended pass holders, \$1 all others.

Open Gym Basketball*

For individuals 18 years and older
 Tue & Thurs 11:30am-2:30pm

**Other drop-in times available; please call for more information. Locks available to check out with I.D. No babysitting service available.*

Memorial Building Rental Fees

For Rental Availability
 Call 303-651-8404
Gymnasium \$65/hr



Izaak Walton Clubhouse

18 South Sunset Street
 \$25 per hour Weekdays until 5pm
 \$50 per hour weekdays after 5pm,
 all day Sat & Sun

\$200 building deposit required at time of reservation. Additional fees may apply. Great Rental facility for parties, wedding receptions, business meetings and community gatherings.

- Maximum Capacity 95 people
- Refrigerator & Microwave (catering style kitchen)
- No Smoking - No Alcohol, No Live Bands, amplified sound, all City noise ordinances must be adhered to. Music must be off by 10pm.

For more rentals, see inside back cover.



St Vrain Memorial Building Party Packages

Book your party today! Call the St Vrain Memorial Building at (303) 651-8404 to check availability and reserve your party. Full payment is required upon booking. Geared for younger children.

\$121 for 1.5 hours for 12 children,
 \$8 each additional child. Food, beverages, tableware and decorations provided by parents. Party Host(ess) to lead and facilitate partygoer fun!
 Itty Bitty Parties and Sports themes available.

Party Format: 1/2 hour set up time for parents. 1 hour of entertainment and fun. 1/2 hour for cake and presents

Call the St Vrain Memorial Building at (303) 651-8404 to check schedule availability and to reserve your date. Full payment is required upon booking.

More Party Packages available - visit online for details.

Gym Rentals

Celebrate your party your way. Rent the space and customize with an indoor bouncy house, a live band, or karaoke. Great for scout parties, graduations, Sweet 16 parties, Quinceaneras, and family reunions. Extended hours available. Maximum Capacity 250 people. Table/chair rentals available.

Gym: \$65/hour with 2hr min and \$200 deposit paid at the time of booking.

Itty Bitty City

Snow or Shine, our toys are divine! Kids ages 6 mo to 5 years have lots of room to run and play! Parents must supervise their children. Please, no older children. No fee for babies.

Ages: 6 months to 5 years with a parent
 Dates: Apr 10- May 8, Fridays, 9-11am
 Location: St Vrain Memorial Building, 700 Longs Peak Ave
 Fee: \$2 per child; 10 visit pass \$17



Sandstone Friday Fun

Don't let the Itty Bitty City Blues get you down- we have a summer time replacement at Sandstone Ranch. Come learn about the local wildlife through puppet shows, story times and crafts. Parents must supervise their children.

All Ages: Jun 5-Jul 31, Fridays, 10am-12pm
 Location: SSR Visitors & Learning Center, 3001 E Hwy 119
 Fee: Free - \$2 suggested donation

Weight Room Orientations at the Memorial Building

Want some assistance learning the machines before you start working out? Recreation Services offers a one-time free orientation to help guide you through the equipment. Call us at 303-651-8404 to schedule your appointment.

Recreation Gift Cards Available!

Get yours today so you can learn, laugh and play at any Longmont Recreation Facility.

- Birthday
- Thank you's
- Anniversaries
- Holidays





Centennial Pool

1201 Alpine Street • 303-651-8406

Enjoy year-round fitness and fun at Centennial Pool. Come workout or play in our pool with six 25-yard lap lanes, wading area and deep end with two 1-meter diving boards. Land fitness is available in our fitness room with treadmills, Lifecycles, elliptical, and a cable resistance weight machine. We also offer a variety of Land and Water Fitness Classes. Stop by any City of Longmont recreation facility to pick up a seasonal schedule today!

POOL SUMMER HOURS

May 26-August 14

Fitness Room

Mon-Thurs	5:30am-8pm
Friday	5:30am-6pm
Saturday	9am-4pm
Sunday	1-5pm

Lap Swim*

Mon-Fri	5:30am-3:30pm
Saturday	9am-4pm
Sunday	1pm-5pm
Mon/Wed	6pm-8pm

Open Swim

Mon-Fri	12pm-3:30pm
Sun (only \$3)	1pm-3pm

Family Swim

Saturday	12pm-4pm
----------	----------

*Lap swimmers share pool space with other activities so all lanes may not be available. Circle swimming is encouraged.

**The facility closes 15 minutes after the last swimming session. Please plan your shower time accordingly.

For Spring Hours, please call or pick up a facility flyer at any City of Longmont Recreation Facility.

Holiday Hours & Facility Closures

Apr 19, Sat - Swim Meet
- pool opens at 1pm

CLOSED:

May 25, Mon - Memorial Day
May 30 & 31, Sat/Sun
- Longmont Triathlon Weekend

July 4, Sat- 4th of July

Annual Maintenance: Aug 15*-24

*Close after morning swim lessons.

Quick Fit at Centennial Pool

Centennial's fitness room overlooks the pool and is perfect for a quick workout while you watch your child's swim lesson. The Quick Fit is only available at Centennial Pool for parents/guardians of participants in City of Longmont programs. \$3 for residents/\$3.50 for non residents.

Rental Options at Centennial Pool

Birthday Party Packages

Have a care-free party at Centennial Pool complete with birthday cake, punch, all the trimmings and swimming fun! If desired, our staff will be on hand to play games and entertain your party. Birthday Party Packages are only available during regularly scheduled Open Swim Hours for two hours. Fee includes cake, punch, decorations, exclusive use of the Multipurpose Room and swim admission for two hours.

Fee: \$80 for up to 12 / \$100 for 13-16 / \$120 for 17-20

Days Available: Mondays- Sundays between 1pm-3pm.

Please note that one adult per 5 children must be in the water with children under 6 years.

Multipurpose Room Rental

Available during regular facility hours, includes use of 2 tables and 16 chairs. Rental fee is non-refundable.

Fee: \$25 for up to 3 hours plus prescheduled group rate for all who swim or work out.

Private After-Hour Rentals at Centennial Pool

Available: Fridays after 6pm, Saturdays after 4pm, Sundays before 1pm and after 5pm. Rental time is started when the facility is open to the group and ends when the facility is empty and locked at the completion of the rental. Rental prices are based on the number of people entering the facilities whether they choose to swim or not. The entire rental fee is due when making the reservation, ½ is refundable if you choose to cancel. Renters have until 7 days prior the rental to extend their reservation with payment or else rental can NOT be extended.

Fee: \$70/ hour for up to 25 people
\$80/ hour for up to 50 people
\$100/ hour for up to 75 people
\$120/ hour for more than 76 people

SCUBA- Learn To Dive

Part 1- Learn To Dive. This two part course is a fun way to test the waters and learn basic scuba skills. Scuba equipment, diving science and basic diver rescue skills are learned, providing students all the necessary skills to complete the Open Water Scuba Diver certification (Part 2- information provided in class).

Bring to Class- swimsuit, mask, fins, snorkel, & booties (available for purchase- see receipt or online for contact information)

12 & up: Thurs 7-10pm; Fri 6-10pm;
Sat 7am-5pm; Sun 7am-2:30pm
May 7*- 10 (*Th, 6-9pm) 221900.1B
Jun 18-21 321900.1A
Jul 9-12 321900.1B
Sept 10-13 421900.1A

Location: Centennial Pool, 1201 Alpine St

Fee: \$130 res/ \$162.50 non-res

Spring Swim Lessons

Check out the Winter/Spring Brochure for dates & times for the last sessions of 1x a week swim lessons!

May Swim Lessons

Mon & Wed Evening Centennial Pool

	Time	Date
	Fee	\$24 / \$30
Water Explorers	4:50 PM	220114.5A
Turtle	5:25 PM	220121.5A
Alligator	4:40 PM	220122.5A
	6:00 PM	220122.5B
Seal	4:50 PM	220123.5A
Dolphin	5:25 PM	220124.5A
Level 1	4:50 PM	220131.5A
Level 2	5:25 PM	220132.5A
Level 3	6:05 PM	220133.5A
Level 4	5:20 PM	220134.5A
Level 5	4:35 PM	220135.5A
	Fee	\$30 / \$37.50
Beginning Blast	5:15 PM	220140.5A
Blast 1	6:00 PM	220141.5A
Blast 2	6:00 PM	220142.5A
Blast 3	6:00 PM	220143.5A

See pages 24 & 25 for
Open Water & Triathlon
Training Programs



SUNSET POOL

1900 Longs Peak Ave • 303-651-8300

- Heated outdoor pool
- Six 25 meter lap lanes
- Plank, 1 meter & 3 meter diving boards
- 2 super long and fast waterslides
- Indoor air-conditioned party room
- Reserve-able outdoor shade shelters
- Sandy beach play area
- Concession stand
- Family locker rooms
- Best view in Longmont!

Pre-Summer Hours

May 22 - 31

Open & Lap Swim 10am-5pm

Tues-Fri, May 26-29

Lap Swim 9am-10am

Summer Hours

June 1 - August 9

Adult Lap Swim:*

Mon- Fri	10am-1pm
Mon/Wed	6pm-8pm
Tues/Thurs	6pm-7:30pm
Saturday	8am-1pm
Sunday	10am-1pm

Open Swim:

Mon/Wed	1pm-8pm
Tues/Thurs	1pm-5:50pm
Friday	1pm-7pm
Saturday	10am-6pm
Sunday	1-7pm

Special Hours

July 4, Sat - 4th of July:

Regular Hours +
9-10am AquaZumba®

Sunset Pool Specifics

Adult Lap Swims:* Share pool space with other activities; Circle swimming is encouraged when sharing lanes; Patrons who are 16 and older are considered Adults; Slides and Diving Boards will NOT be available for use.

Admittance Fees: Everyone who enters Sunset Pool must pay the appropriate admittance fee, whether swimming or not.

Refund Policy: There are NO refunds for admittance fees due to weather-related closures. Sunset Pool strives to remain open during all scheduled hours, but for safety reasons cannot be open during heavy rains, lightning and thunder.

Sunset Pool will close approximately 15 minutes after the last swimming session, please shower accordingly.

Middle School Nights At Sunset Pool

Calling all middle-schoolers and soon to be freshmen! Join us at Sunset Pool every Thursday night starting June 4. There will be games, contests, music and no little kids! Make Sunset Pool your new Thursday night home!

11 to 14 years: Jun 4-Aug 6, Thursdays, 7:30-9pm

Fee: \$3 residents/ \$4 non-residents (pool passes are not valid)

Birthday Party Package in the Indoor Party Room

The perfect way to have a super chill birthday party! Package includes one hour use of the Indoor Party Room and admittance up to 10 party guests! Fee is due at time of booking. Reservations available during Open Swim Hours only. Rental fee is non-refundable.

Fee: \$70 for one hour party room use and admittance for up to 10 guests; group rate will apply for additional guests

Rental Opportunities!

Reservations: Call Sunset Pool, 303-651-8300 or, during April and May, call Centennial Pool, 303-651-8406

After Hours Private Pool Rental

Available before or after regular scheduled pool hours.

Includes:

Entire pool, locker-room facilities, exterior shelters, picnic tables, lounge chairs, sand/grass open spaces and all necessary staff.

Indoor Party Room is available with an additional \$30 fee.

Rental fee paid dictates pool facility enter and exit times.

Renters have until 7 days prior the rental to extend their reservation with payment or else rental can NOT be extended. ½ of rental fee may be refunded if reservation is cancelled by renter.

Fees: \$120 first hour/ \$110 each additional hour
\$25 per 15 minutes/ \$30 Indoor Party Room

Sunset Pool Outdoor Shelter Reservation

Located closest to the shallow water play area near the golf course, it is the brown shelter structure with 4 rectangular picnic tables underneath. Reservations are only available during Open Swim Hours. Rental fee is non-refundable.

Fee: \$35 for up to 2 hours, plus group rate admittance fee for all guests whether they choose to swim or not.

Indoor Party Room

Have your party stationed in the Indoor Party Room at Sunset Pool! This room is surrounded by windows, so you can beat the heat and sun while still watching the kiddos play! Amenities: 2x8 foot tables, 4 round tables with 36 chairs, sink and counter space. Rental fee non-refundable.

Fee during Open Swim hours with pool access: \$40 for two hours or \$25 per hour; plus group rate admittance fee for all guests whether they choose to swim or not.

Fee with no pool access: \$40 for two hours or \$25 per hour and no additional group rate fee.

Sunset Pool Outdoor Tent Shelter Reservations

Choose between two tents; one located between the slides and sand area; other located between diving boards and lap lanes in front of the grass. Blue shade tents approximately 12 x 12 feet. Both tents are on concrete pads and have 2-3 round picnic tables. Reservations are only available during Open Swim Hours. Rental fee is non-refundable.

Fee: \$25 for up to 2 hours, plus group rate admittance fee for all guests whether they choose to swim or not.



Roosevelt Activity Pool is a heated outdoor pool with a maximum depth of 2'8". It features zero-depth geysers, tumble buckets, water cannon and a spray garden primarily geared for ages 8 & under.

Private Roosevelt Pool After Hour Rental Opportunities:

- Mon, Wed, Fri- Sat: after 5pm
- Sun: before 12pm or after 4pm

Includes: Entire pool, grass play areas, shade tent(s), restroom facilities and all necessary staff.

- Rental fee paid dictates pool facility enter and exit times.
- Renters have until 7 days prior to the rental to extend their reservation with payment or else rental CANNOT be extended.
- ½ of rental fee may be refunded if reservation is cancelled by renter.

Rental Fees: \$90 first hour/ \$80 each additional hour/ \$20 per 15 minutes

Diving Lessons

Beginner: Must be able to swim independently in the diving well. Learn fundamentals of diving including body alignment, approach and basic front and back dives.

Intermediate: Pre-requisite: Successful completion of Beginner Diving or be able to perform a dive from the diving board with appropriate 4 step approach and back fall dive. Intermediates will work on flexibility, strength, and building diving skills.

Advanced: Pre-requisite: Must have successful completion of Intermediate Diving and have a willingness to try new dives. Learn inwards, reverse flips and twisting dives.

7 to 18 years: See charts for days/times
Location: Centennial Pool, 1201 Alpine St
Sunset Pool, 1900 Longs Peak Ave

ROOSEVELT ACTIVITY POOL

903 8th Ave • 303-774-4455

Summer Pool Hours: May 29-August 16

Monday- Friday 10am-5pm

Saturday 10am-4pm

Sunday 12-4pm

Family Swims Tuesdays & Thursdays 5:30-7:30pm

Roosevelt Pool Shade Shelter Reservations

- Shade Shelters are stand-alone colorful canopies that are spread throughout Roosevelt Activity Pool.
- Shade tents approximately 12 x 12 feet, located in the grass.
- Reservations are only available during Open Swim Hours.
- Rental fee is non-refundable.

Fee: \$25 for up to 3 hours; plus admittance fee for all guests whether they choose to swim or not.

To book an After Hour Rental or Shade Shelter Rental, call Centennial Pool at 303-651-8406

New! Youth Safety & Swim Days at Roosevelt Activity Pool! See page 42.

Rebuild & Recover

Kanemoto Activity Pool Update!

Kanemoto Activity Pool was damaged in the 2013 flood. New pool facility plans have been created and construction is underway. Stay tuned through our facebook page longmontrecreation.

Sunset Pool	Time	Date	Fee
Tuesday DIVE		6/2-8/11*	res/non-res
Beginner	6:00pm-6:40pm	321323.1	\$54/\$67.50
Advanced	6:40pm-7:40pm	321343.1	\$60.75/\$76

Centennial Pool	Time	Date	Fee
Wednesday DIVE		5/27-8/12*	res/non-res
Beginner	5:20pm-6:00pm	321324.1	\$60/\$75
Intermediate	6:05pm-6:55pm	321334.1	\$65/\$81.25
Thursday DIVE		5/28-8/13*	res/non-res
Beginner	5:20pm-6:00pm	321325.1	\$60/\$75
Intermediate	6:05pm-6:55pm	321335.1	\$65/\$81.25
Advanced	7:00pm-8:00pm	321345.1	\$67.50/\$84.50

*No class June 16, 17, 18 & Aug 4, 5, 6

Beginner classes: 40 mins; Intermediate: 50 mins; Advanced: 60mins

Adult Fitness Swimming

Beginning Masters Swimming

Not quite ready for Masters Swimming? Beginning Masters can get you there! While catering to your individual needs, you will receive stroke work plus a great workout. This on-going program is recommended for adults 18 and older who are comfortable swimming 200 yards non-stop.

Masters Swimming

Improve your skills and stamina while using intervals, drills and distance swimming. This on-going program is recommended for adults 18 and older who are comfortable swimming at least 1000 yards.

Fee: Daily Admission

MASTERS SWIM SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6-7:15am C*		6-7:15am C*		6-7:15am C*	6:45-8am C*
	12-1pm LRC*		12-1pm LRC*		
	7-8pm C Beg**		7-8pm C Beg**		

C= Centennial Pool; LRC= Longmont Recreation Center; S= Sunset Pool
*Moves to Sunset Pool on 6/1 **7:30-8:30pm through May 21
No practice May 25, Mon, or May 30, Sat.

See pages 24 & 25 for Open Water & Triathlon Training Programs

CARA SWIM TEAM

Pre-Requisite- 6-14 groups: Ability to swim one length of pool front crawl with rotary breathing and back crawl without stopping or using assistance.

Pre-Requisite 13-18 High School

Prep: Knowledge of all 4 competitive strokes and swim 400 yards freestyle with rotary breathing. Workouts will be geared towards preparing swimmers to succeed at a competitive High School level. All participants will be evaluated on the first day of practice.

CARA swimming is a recreational swim team for youth ages 6-18 who are not USS swimmers, with an emphasis placed on technique building, endurance building and FUN! Register for age group child will be on the first day of practice. Child will compete in age group of age January 1, 2015.

Centennial Pool CARA: The Tsunamis

Practice: May 26-Jul 30, Tues & Thurs

Parent Meeting: May 28, Thurs, 6:45pm

Location: Centennial Pool, 1201 Alpine St

Meets: 6/13 at Berthoud; 6/28 at Lifetime Fitness; 7/11 at Berthoud; 8/2 at Sunset Pool- HOME

Age Group	Time	Code	Fee (res/non-res)
6-9 yrs	6:45-7:30pm	321112.1A	\$60/ \$75
8-10 yrs	6-6:45pm	321112.2A	\$60/ \$75
11-14 yrs	6-7pm	321113.1A	\$63/ \$78.75
13-18 yrs	8-9:15pm	321114.1A	\$65/ \$81.25
(HS Prep)			

Sunset Pool CARA: The Swordfish

Practice: Jun 1-Jul 31, Mon-Fri

Parent Meeting: Jun 2, Tues, 8:35am

Location: Sunset Pool, 1900 Longs Peak Ave

Meets: 6/13 at Berthoud; 6/28 at Lifetime Fitness; 7/11 at Lifetime Fitness; 8/2 at Sunset Pool- HOME

Age Group	Time	Code	Fee (res/non-res)
6-9 yrs	8:45-9:30am	331112.1A	\$135/ \$168.75
9-12 yrs	8:30-9:30am	331113.1A	\$142/ \$177.25
10-18yrs	7:30-8:45am	331114.1A	\$146.25/\$183

Longmont Recreation Center CARA: The Piranhas

Practice: May 27-Jul 29, Mon & Wed

Parent Meeting: Jun 1, 5pm

Location: Longmont Recreation Center, 310 Quail Rd

Meets: 6/13 at Thornton; 6/28 at Lifetime Fitness; 7/18 at Hunters Glenn; 8/2 Sunset Pool-HOME

Age Group	Time	Code	Fee
6-8 yrs	4:15-5pm	311112.1A	\$57/\$71.25
8-10yrs	5:05-5:50pm	311112.1B	\$57/\$71.25
9-14 yrs	4:15-5:15pm	311113.1A	\$60/\$75
9-14 yrs	5:55-6:55pm	311113.1B	\$60/\$75
10-16 yrs	5:20-6:20pm	311114.1A	\$60/\$75
11-18 yrs	6:25-7:40pm	311115.1A	\$61.75/\$77

Teen Swim Lessons

SUNSET POOL

Mon-Fri*	Time Date	Ssn 1	Ssn 2	Ssn 3	Ssn 4	Ssn 5
		6/1-6/11	6/15-6/25	6/29-7/9	7/13-7/23	7/27-8/6
	Fee	\$45/	\$45/	\$45/	\$45/	\$45/
		\$56.25	\$56.25	\$56.25	\$56.25	\$56.25

Teen 1 11:40AM 330851.1A 330851.2A 330851.3A 330851.4A 330851.5A

Teen 2 8:55AM 330852.1A 330852.2A 330852.3A 330852.4A 330852.5A

*1st Week: Mon-Fri, 2nd Week: Mon-Thurs

Tues & Thurs	Time/Date	6/2-6/30	7/7-8/4
	Fee	\$45/	\$45/
		\$56.25	\$56.25

Teen 1 5:30PM 330251.1A 330251.2A

Teen 2 7:10PM 330252.1A 330252.2A



American Red Cross: Adult Learn-to-Swim Classes

Adult 1: Learning the Basics

Overcome the fear of the water and learn the basic skills to achieve a minimum level of water competency. In this course, participants strive for skill and stroke performance focusing on breath control, submerging, floating and learning the basics of front crawl and elementary backstroke.

Adult 2: Improving Skills & Swimming Strokes

Improve foundational skills and swimming strokes to gain an overall level of comfort in the water. In this course, participants work on increasing technique and endurance in front crawl and elementary backstroke, while breast-stroke and back crawl will be introduced.

All Classes are 45 minutes long and both Adult Swim classes can be tailored to goals of the participants. 18 & up

SUNSET POOL

Tues & Thurs	Time/Date	6/2-6/30	7/7-8/4
	Fee	\$47.25/\$59	\$47.25/\$59
Adult 1	5:30 PM	330261.1A	330261.2A
Adult 2	6:20 PM	330262.1A	330232.2A

CENTENNIAL POOL

Saturdays	Fee	\$26.25/\$33	\$26.25/\$33
	Time/Date	6/6-7/11*	7/18-8/15
Adult 1	10:00 AM	320661.1A	320661.2A
Adult 2	10:30 AM	320662.1A	320662.2A
Sundays	Time/Date	6/7-7/5	7/12-8/9
Adult 1	4:25 PM	320761.1A	320761.2A

*NO CLASS July 4

LONGMONT RECREATION CENTER

Sundays	Time/Date	5/31-7/5	7/12-8/9
	Fee	\$31.50/\$39.25	\$26.25/\$33
Adult 1	8:30 AM	310761.1A	310761.2A
Adult 2	9:20 AM	310762.1A	310762.2A

NEW for Summer 2015!

Teen 1: Learning the Basics

Teen 1 focuses on teaching teens the basic techniques of floating, water safety and stroke development. This class offers teens an environment where they can feel comfortable learning beginner to intermediate swim techniques.

Teen 2: Endurance and Stroke Enhancement

Teen 2 focuses on providing workouts for teen swimmers who need more than just lessons. During their workouts the instructor will include technique based drills to enhance their strokes and improve proficiency in the water.

All classes are 45 minutes long and both Teen classes can be tailored to goals of the participants. Ages: 11-17

CENTENNIAL POOL

Tues & Thurs	Time/Date	5/26-6/18	6/23-7/16	7/21-8/13
	Fee	\$40/\$50	\$40/\$50	\$40/\$50
Teen 1	10:40 AM	320251.1A	320251.2A	320251.3A
Teen 2	10:00 AM	320252.1A	320252.2A	320252.3A
	Fee	\$25/\$31.25	\$25/\$31.25	
Saturdays	Time/Date	6/6-7/11*	7/18-8/15	
Teen 2	10:50 AM	320652.1A	320652.2A	
Sundays	Time/Date	6/7-7/5	7/12-8/9	
Teen 1	3:35 PM	330751.1A	320751.2A	
Teen 2	2:45 PM	330752.1A	320752.2A	

*NO CLASS July 4

Learn to Swim Programs with the City of Longmont

Our programs offer a variety of different swim lesson options for everyone from toddlers to adults (see page 11 for Adult and Teen swim lessons). Below in the colored boxed are all our lesson options you can choose from. Each program offers a unique curriculum catering to different swimmers ages, skills, and comfort levels. Unsure of what class to choose? You can set up a time to test your ability's helping you choose the right swim class to sign up for. Arrange a FREE swim test at Centennial Pool, 303-651-8406 or Longmont Recreation Center 303-774-4800.

Preschool Program

The Preschool Program follows the objectives of the American Red Cross Learn-to-Swim program, Levels 1-3, but further divides the skills to provide a learning environment better suited for preschoolers.

3-5 years old • Lessons are 30 min

Turtle: Water Introduction

Students with no or limited water experience and who are uncomfortable putting their face in the water.

Alligator: Skill Introduction

Pre-requisite: Must be able to comfortably submerge face & head underwater. Students will learn to float independently on front and back for 5 seconds.

Seal: Stroke Introduction

Pre-requisite: Must be able to float independently on front & back for 5 seconds. Students will learn to swim 5 body lengths on their front without stopping and become comfortable in deep water.

Dolphin: Skill Improvement

Pre-requisite: Must be able to swim 5 body lengths on their front without stopping and be comfortable in deep water. Students will learn rotary breathing, front crawl and elementary backstroke.

Parent/Child:

Aqua Baby & Aqua Tot

6 months to 3 years old - classes are 30 min - Parent and child will be coached using a variety of games and techniques individualized to maximize water comfort and introduce swimming skills. Sessions can and should be repeated.

Aqua Baby

6 -18 months. Familiarize children between the ages of 6 months and 18 months with the water and teach swimming readiness skills.

Aqua Tot

18 months – 3 ½ yrs. Swimmers will spend increasing amounts of time with the instructor practicing bubbles, floats, walking across the pool and playing. Improve skills learned in Aqua Baby and work on independence in the water.

Private Swim or Dive Lessons

A limited number of instructors are available for private and semi-private instruction. Call Centennial Pool, 303-651-8406 or the Longmont Recreation Center, 303-774-4800 to add your name/number, pool, time & day preference to the private swim lesson waitlist.

Private Fee:

\$20 resident/ \$25 non-resident per 30 min

Semi-Priv. Fee:

\$30 resident /\$37.50 non-resident per 30 min (max. 3 students)

American Red Cross Learn-to-Swim; Updated for 2015!

The ARC learn-to-swim program is a nationally recognized program designed to teach lifelong safety, survival and swimming skills.

6 years & up • Level 1 & 2 are 30 min • Levels 3-5 are 40 min

Level 1: Introduction to Water Skills

Geared for students with little or no water comfort. Students will become comfortable submerging their entire bodies in the water and learn to float independently on their front and back.

Level 2: Fundamental Aquatic Skills

Students who can float independently will learn how to tread water and swim 5 body lengths on their front without stopping.

Level 3: Stroke Development

Students will learn rotary breathing, front crawl and elementary backstroke. Successful completion is 25 yards combined front crawl and elementary backstroke.

Level 4: Stroke Improvement

Students will learn back crawl, breaststroke, sidestroke and butterfly, while building endurance in front crawl. Successful completion is 50 yards combined front crawl and elementary backstroke, and 25 yards combined breast-stroke and back crawl.

Level 5: Stroke Refinement

Students will continue to work on stroke technique while increasing endurance, flip turns and surface dives. Successful completion is 50 yards front crawl and 50 yards elementary backstroke nonstop, and 50 yards combined breast-stroke and back crawl.

Water Explorers

2 ½ - 3 years old • Classes are 30 min

Water Explorers is designed as a transition class for children who want more independence than the Aqua Tot class, but are still learning how to follow instructions without mom or dad in the water.

Water Explorers is perfect if your child is ready to be in the water without you, but is too young to start the Preschool program. Class size is smaller to help foster positive experiences while in the pool without mom or dad. Your child will explore the water through songs, games, and toys with an instructor and at the same time learn how to be part of a group, understand water safety rules and how to follow directions

Got Goggles?

Goggles are also not recommended for Water Explorer, Turtle and Alligator classes. When using goggles, in order to learn proper breath control, goggles that cover the nose are not recommended.

BLAST! Accelerated Swim Lessons- Revamped for 2015!

Blast, City of Longmont swim program, focuses on competitive stroke development and competency to best prepare swimmers for swim teams.

5 years & up • Beginning Blast is 40 min • Blast 1-3 are 45 min

Beginning Blast: Stroke Preparation

Pre-requisite: Must be able to comfortably submerge face & head underwater. Students will learn basic water skills including rhythmic breathing, floating, gliding and kicking.

Blast 1: Freestyle

Pre-requisite: Front & back float; front & back glide with flutter kick, combined freestyle arms & legs 15 ft. Students will focus on freestyle by developing good body position, stroke, flutter kick and bilateral breathing technique. Begin working on backstroke.

Blast 2: Backstroke

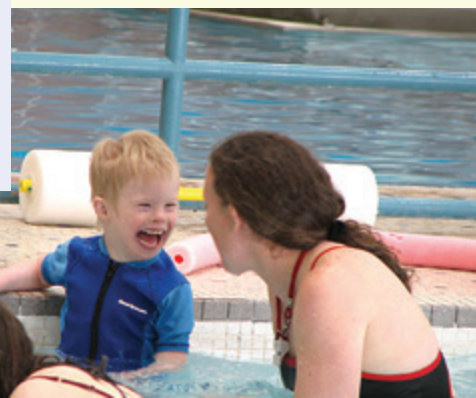
Pre-requisite: front & back streamline kick 15 ft; swim 25 yds freestyle w/bilateral breathing and proper kicking. Students will continue to work on freestyle technique. Focus on backstroke technique, including body roll, strong, consistent flutter kick, and stroke timing. Breaststroke kick and start dives also introduced in this level.

Blast 3—Butterfly & Breaststroke

Pre-requisite: swim 50 yds freestyle w/ proper technique, 25 yds backstroke, 25 yds breaststroke kick. Students will learn breaststroke and butterfly, focusing on stroke breakdown and timing. Continue refining freestyle & backstroke. Flip turns introduced.

Individuals with Special Needs

City of Longmont Recreation Services welcomes and strives to accommodate individuals of all physical and intellectual abilities in our learn-to-swim programs. If you or your child have concerns or need special accommodation to participate in lessons, please call 303-651-8408. For individuals not ready for or comfortable participating in group lessons, please see private swim lessons.



Indoor Lessons at Centennial Pool

New 2015
classes are
Monday-
Friday each
week!

Monday-Friday Morning *No lessons Mon, 5/25

	Time	Ssn 1*	Ssn 2	Ssn 3	Ssn 4	Ssn 5
	Date	5/26-6/5	6/8-6/19	6/22-7/3	7/6-7/17	7/20-7/31
	Fee	\$36 / \$45	\$40 / \$50	\$40 / \$50	\$40 / \$50	\$40 / \$50
Turtle	8:30 AM	320821.1A	320821.2A	320821.3A	320821.4A	320821.5A
	10:55 AM	320821.1B	320821.2B	320821.3B	320821.4B	320821.5B
Alligator	9:05 AM	320822.1A	320822.2A	320822.3A	320822.4A	320822.5A
	10:15 AM	320822.1B	320822.2B	320822.3B	320822.4B	320822.5B
Seal	9:40 AM	320823.1A	320823.2A	320823.3A	320823.4A	320823.5A
Level 1	8:45 AM	320831.1A	320831.2A	320831.3A	320831.4A	320831.5A
	10:40 AM	320831.1B	320831.2B	320831.3B	320831.4B	320831.5B
Level 2	9:20 AM	320832.1A	320832.2A	320832.3A	320832.4A	320832.5A
	10:05 AM	320832.1B	320832.2B	320832.3B	320832.4B	320832.5B
Level 3	9:20 AM	320833.1A	320833.2A	320833.3A	320833.4A	320833.5A
	9:55 AM	320833.1B	320833.2B	320833.3B	320833.4B	320833.5B
Level 4	8:35 AM	320834.1A	320834.2A	320834.3A	320834.4A	320834.5A
Level 5	10:40 AM	320835.1A	320835.2A	320835.3A	320835.4A	320835.5A
	Fee	\$45 / \$56.25	\$50 / \$62.50	\$50 / \$62.50	\$50 / \$62.50	\$50 / \$62.50
Beginning Blast	8:35 AM	320840.1A	320840.2A	320840.3A	320840.4A	320840.5A
Blast 1	9:20 AM	320841.1A	320841.2A	320841.3A	320841.4A	320841.5A
Blast 2	10:10 AM	320842.1A	320842.2A	320842.3A	320842.4A	320842.5A
Blast 3	11:00 AM	320843.1A	320843.2A	320843.3A	320843.4A	320843.5A

Turtle	8:30 AM	320821.6A
Alligator	9:05 AM	320822.6A
Seal	9:40 AM	320823.6A
Dolphin	10:15 AM	320824.6A
Level 1	8:30 AM	320831.6A
Level 2	9:05 AM	320832.6A
Level 3	9:40 AM	320833.6A
Level 4	10:25 AM	320834.6A
Fee	\$50 / \$62.50	
Beginning Blast	8:35 AM	320840.6A
Blast 1	9:20 AM	320841.6A
Blast 2	10:10 AM	320842.6A
Blast 3	11:00 AM	320843.6A

Spring Swim Lessons

Check out the Winter/Spring Recreation Brochure for dates & times for the last sessions of 1x a week swim lessons. Classes available for all ages and abilities; Sun, Mon, Tues, Wed and Thurs. Start April 12!

Monday/Wednesday/Friday Morning *No lessons Mon, 5/25

	Time	Ssn 1*	Ssn 2	Ssn 3	Ssn 4
	Date	5/27-6/12	6/15-7/3	7/6-7/24	7/27-8/14
	Fee	\$32/\$40	\$36/\$45	\$36/\$45	\$36/\$45
Aqua Baby	10:35 AM	320411.1A	320411.2A	320411.3A	320411.4A
Water Explorers	11:00 AM	320414.1A	320414.2A	320414.3A	320414.4A
Turtle	8:40 AM	320421.1A	320421.2A	320421.3A	320421.4A
	10:25 AM	320421.1B	320421.2B	320421.3B	320421.4B
Alligator	9:15 AM	320422.1A	320422.2A	320422.3A	320422.4A
Seal	9:50 AM	320423.1A	320423.2A	320423.3A	320423.4A
Level 1	10:00 AM	320431.1A	320431.2A	320431.3A	320431.4A
Level 2	9:25 AM	320432.1A	320432.2A	320432.3A	320432.4A
Level 3	8:40 AM	320433.1A	320433.2A	320433.3A	320433.4A
	Fee	\$40/\$50	\$45/\$56.25	\$45/\$56.25	\$45/\$56.25
Beginning Blast	11:05 AM	320440.1A	320440.2A	320440.3A	320440.4A
Blast 1	10:15 AM	320441.1A	320441.2A	320441.3A	320441.4A
Blast 2	9:25 AM	320442.1A	320442.2A	320442.3A	320442.4A
Blast 3	8:30 AM	320443.1A	320443.2A	320443.3A	320443.4A

Saturday Morning *No July 4

	Time	Ssn 1	Ssn 2
	Date	6/6-7/11*	7/18-8/15
	Fee	\$20/\$25	\$20/\$25
Aqua Baby	9:20 AM	320611.1A	320611.2A
Water Explorers	9:55 AM	320614.1A	320614.2A
Turtle	11:10 AM	320621.1A	320621.2A
Alligator	10:35 AM	320622.1A	320622.2A
Seal	10:00 AM	320623.1A	320623.2A
Level 1	9:20 AM	320631.1A	320631.2A
Level 2	9:55 AM	320632.1A	320632.2A
Level 3	10:30 AM	320633.1A	320633.2A
Level 4	9:15 AM	320634.1A	320634.2A
	Fee	\$25/\$31.25	\$25/\$31.25
Beginning Blast	9:15 AM	320640.1A	320640.2A
Blast 1	9:20 AM	320641.1A	320641.2A
Blast 2	10:10 AM	320642.1A	320642.2A
Blast 3	11:00 AM	320643.1A	320643.2A

Monday & Wednesday Evening

	Time	Ssn 1	Ssn 2	Ssn 3
	Date	6/1-6/24	6/29-7/22	7/27-8/12
	Fee	\$32 / \$40	\$32 / \$40	\$24 / \$30
Water Explorers	6:00 PM	320114.1A	320114.2A	320114.3A
Turtle	5:25 PM	320121.1A	320121.2A	320121.3A
	6:00 PM	320121.1B	320121.2B	320121.3B
Alligator	5:25 PM	320122.1A	320122.2A	320122.3A
	6:35 PM	320122.1B	320122.2B	320122.3B
	7:10 PM	320122.1C	320122.2C	320122.3C
Seal	6:35 PM	320123.1A	320123.2A	320123.3A
	7:10 PM	320123.1B	320123.2B	320123.3B
Level 1	6:00 PM	320131.1A	320131.2A	320131.3A
Level 2	6:00 PM	320132.1A	320132.2A	320132.3A
Level 3	7:20 PM	320133.1A	320133.2A	320133.3A
Level 4	6:35 PM	320134.1A	320134.2A	320134.3A
Level 5	6:35 PM	320135.1A	320135.2A	320135.3A
	Fee	\$40 / \$50	\$40 / \$50	\$30 / \$37.50
Beginning Blast	5:50 PM	320140.1A	320140.2A	320140.3A
Blast 1	6:35 PM	320141.1A	320141.2A	320141.3A
Blast 2	7:25 PM	320142.1A	320142.2A	320142.3A
Blast 3	7:20 PM	320143.1A	320143.2A	320143.3A

Tuesday & Thursday Morning

	Time	Ssn 1	Ssn 2	Ssn 3
	Date	5/26-6/18	6/23-7/16	7/21-8/13
	Fee	\$32/\$40	\$32/\$40	\$32/\$40
Aqua Tot	10:50 AM	320212.1A	320212.2A	320212.3A
Water Explorers	8:45 AM	320214.1A	320214.2A	320214.3A
Turtle	9:20 AM	320221.1A	320221.2A	320221.3A
Alligator	9:55 AM	320222.1A	320222.2A	320222.3A
Seal	10:30 AM	320223.1A	320223.2A	320223.3A
Level 1	10:05 AM	320231.1A	320231.2A	320231.3A
Level 2	9:30 AM	320232.1A	320232.2A	320232.3A
Level 3	8:45 AM	320233.1A	320233.2A	320233.3A
Level 4	8:30 AM	320234.1A	320234.2A	320234.3A
Level 5	9:15 AM	320235.1A	320235.2A	320235.3A
	Fee	\$40/\$50	\$40/\$50	\$40/\$50
Beginning Blast	8:30 AM	320240.1A	320240.2A	320240.3A
Blast 1	10:05 AM	320241.1A	320241.2A	320241.3A
Blast 2	9:15 AM	320242.1A	320242.2A	320242.3A

Sunday afternoon swim lessons
at Centennial Pool - see page 14

Indoor Lessons at Longmont Recreation Center

Centennial Pool

Sunday Afternoon		Time Date Fee	Ssn 1 6/7-7/5 \$20/\$25	Ssn 2 7/12-8/9 \$20/\$25
	Aqua Tot	3:00 PM	320712.1A	320712.2A
	Turtle	2:45 PM	320721.1A	320721.2A
	Alligator	3:20 PM	320722.1A	320722.2A
		4:30 PM	320722.1B	320722.2B
	Seal	3:55 PM	320723.1A	320723.2A
	Level 1	3:00 PM	320731.1A	320731.2A
	Level 2	3:35 PM	320732.1A	320732.2A
	Level 3	4:10 PM	320733.1A	320733.2A
	Level 4	3:00 PM	320734.1A	320734.2A
Level 5	3:45 PM	320735.1A	320735.2A	
	Fee	\$25/\$31.25	\$25/\$31.25	
	Beginning Blast	4:30 PM	320740.1A	320740.2A
	Blast 1	3:35 PM	320741.1A	320741.2A
	Blast 2	4:25 PM	320742.1A	320742.2A

LRC May Swim Lessons

Tues & Thurs Morning		
	Time Fee	Date 4/28-5/14 \$24 / \$30
Turtle	9:30 AM	210221.5A
Alligator	8:55 AM	210222.5A
Seal	10:40 AM	210223.5A
Dolphin	11:15 AM	210224.5A
Fee		\$12 / \$15
Aquababy/tot (Tues only)	10:05 AM	210213.5A
Water Explorers (Thur only)	10:05 AM	210214.5A

Please Note:
The Longmont Recreation Center has open swim during swim lessons. If you and/or your family would like to swim before or after your swim lessons please check in at the front desk before going to the pool. Children 5 and under MUST have an adult in the water with them. Thank you for your cooperation.

Tuesday Afternoon		Time Date Fee	Ssn 1 5/26-6/30 \$24/\$30	Ssn 2 7/7-8/4 \$20/\$25	
	Water Explorers	4:00 PM	310314.1A	310314.2A	
		Turtle	4:00 PM	310321.1A	310321.2A
	Alligator	4:35 PM	310321.1B	310321.2B	
			5:10 PM	310321.1C	310321.2C
			4:00 PM	310322.1A	310322.2A
			4:35 PM	310322.1B	310322.2B
	Seal		5:10 PM	310322.1C	310322.2C
			4:35 PM	310323.1A	310323.2A
			5:10 PM	310323.1B	310323.2B
	Level 1	5:20 PM	310331.1A	310331.2A	
	Level 2	4:45 PM	310332.1A	310332.2A	
	Level 3	4:00 PM	310333.1A	310333.2A	
	Level 4	4:45 PM	310334.1A	310334.2A	
	Level 5	5:30 PM	310335.1A	310335.2A	
		Fee	\$30/\$37.50	\$25/\$31.25	
Beginning Blast	4:00 PM	310340.1A	310340.2A		
Blast 1	4:00 PM	310341.1A	310341.2A		
Blast 2	4:50 PM	310342.1A	310342.2A		
Blast 3	5:40 PM	310343.1A	310343.2A		

Thursday Afternoon		Time Date Fee	Ssn 1 5/28-7/2 \$24/\$30	Ssn 2 7/9-8/6 \$20/\$25
	Water Explorers Turtle	4:00 PM	310514.1A	310514.2A
		4:00 PM	310521.1A	310521.2A
		4:35 PM	310521.1B	310521.2B
		5:10 PM	310521.1C	310521.2C
	Alligator	4:00 PM	310522.1A	310522.2A
		4:35 PM	310522.1B	310522.2B
		5:10 PM	310522.1C	310522.2C
	Seal	4:35 PM	310523.1A	310523.2A
		5:10 PM	310523.1B	310523.2B
	Level 1	5:20 PM	310531.1A	310531.2A
	Level 2	4:45 PM	310532.1A	310532.2A
	Level 3	4:00 PM	310533.1A	310533.2A
	Level 4	4:45 PM	310534.1A	310534.2A
	Level 5	5:30 PM	310535.1A	310535.2A
		Fee	\$30/\$37.50	\$25/\$31.25
Beginning Blast	4:00 PM	310540.1A	310540.2A	
Blast 1	4:00 PM	310541.1A	310541.2A	
Blast 2	4:50 PM	310542.1A	310542.2A	
Blast 3	5:40 PM	310543.1A	310543.2A	

Tues & Thurs Morning		Time Date	Ssn 1 5/26-6/18	Ssn 2 6/23-7/16	Ssn 3 7/21-8/13
		Fee	\$32/\$40	\$32/\$40	\$32/\$40
	Aquababy	9:40 AM	310211.1A	310211.2A	310211.3A
	Aquatot	10:15 AM	310212.1A	310212.2A	310212.3A
	Water Explorers	10:15 AM	310214.1A	310214.2A	310214.3A
	Turtle	8:30 AM	310221.1A	310221.2A	310221.3A
		9:05 AM	310221.1B	310221.2B	310221.3B
		9:40 AM	310221.1C	310221.2C	310221.3C
	Alligator	8:30 AM	310222.1A	310222.2A	310222.3A
		9:05 AM	310222.1B	310222.2B	310222.3B
		9:40 AM	310222.1C	310222.2C	310222.3C
	Seal	8:30 AM	310223.1A	310223.2A	310223.3A
		9:05 AM	310223.1B	310223.2B	310223.3B
	Level 1	9:05 AM	310231.1A	310231.2A	310231.3A
	Level 2	8:30 AM	310232.1A	310232.2A	310232.3A
	Level 3	8:30 AM	310233.1A	310233.2A	310233.3A
Level 4	9:15 AM	310234.1A	310234.2A	310234.3A	
Level 5	10:00 AM	310235.1A	310235.2A	310235.3A	
	Fee	\$40/\$50	\$40/\$50	\$40/\$50	
Beginning Blast	9:40 AM	310240.1A	310240.2A	310240.3A	
Blast 1	9:20 AM	310241.1A	310241.2A	310241.3A	
Blast 2	10:10 AM	310242.1A	310242.2A	310242.3A	
Blast 3	8:30 AM	310243.1A	310243.2A	310243.3A	

Sunday Morning		Time Date Fee	Ssn 1 5/31-7/5 24/\$30	Ssn 2 7/12-8/9 \$20/\$25
	Aquababy	9:05 AM	310711.1A	310711.2A
	Aquatot	8:30 AM	310712.1A	310712.2A
	Water Explorers	9:40 AM	310714.1A	310714.2A
	Turtle	8:30 AM	310721.1A	310721.2A
	Alligator	9:05 AM	310721.1B	310721.2B
		10:15 AM	310721.1C	310721.2C
		8:30 AM	310722.1A	310722.2A
		9:40 AM	310722.1B	310722.2B
	Seal	10:15 AM	310722.1C	310722.2C
		9:05 AM	310723.1A	310723.2A
		9:40 AM	310723.1B	310723.2B
	Level 1	9:15 AM	310731.1A	310731.2A
	Level 2	9:50 AM	310732.1A	310732.2A
	Level 3	10:00 AM	310733.1A	310733.2A
	Level 4	9:15 AM	310734.1A	310734.2A
	Level 5	8:30 AM	310735.1A	310735.2A
		Fee	\$30/\$37.50	\$25/\$31.25
	Beg Blast	8:30 AM	310740.1A	310740.2A
		10:10 AM	310740.1B	310740.2B
Blast 1	9:20 AM	310741.1A	310741.2A	
Blast 2	10:10 AM	310742.1A	310742.1A	
Blast 3	8:30 AM	310743.1A	310743.1A	

Outdoor Lessons at Sunset Pool

Monday - Friday Mornings

1st Week: Mon-Fri, 2nd Week: Mon-Thurs

	Time	Ssn 1	Ssn 2	Ssn 3	Ssn 4	Ssn 5
	Date	6/1-6/11	6/15-6/25	6/29-7/9	7/13-7/23	7/27-8/6
	Fee	\$36/\$45	\$36/\$45	\$36/\$45	\$36/\$45	\$36/\$45
Turtle	9:45 AM	330821.1A	330821.2A	330821.3A	330821.4A	330821.5A
	10:15 AM	330821.1B	330821.2B	330821.3B	330821.4B	330821.5B
	10:50 AM	330821.1C	330821.2C	330821.3C	330821.4C	330821.5C
Alligator	9:10 AM	330822.1A	330822.2A	330822.3A	330822.4A	330822.5A
	9:40 AM	330822.1B	330822.2B	330822.3B	330822.4B	330822.5B
	10:15 AM	330822.1C	330822.2C	330822.3C	330822.4C	330822.5C
	10:55 AM	330822.1D	330822.2D	330822.3D	330822.4D	330822.5D
	11:40 AM	330822.1E	330822.2E	330822.3E	330822.4E	330822.5E
Seal	9:05 AM	330823.1A	330823.2A	330823.3A	330823.4A	330823.5A
	9:40 AM	330823.1B	330823.2B	330823.3B	330823.4B	330823.5B
	10:20 AM	330823.1C	330823.2C	330823.3C	330823.4C	330823.5C
	11:25 AM	330823.1D	330823.2D	330823.3D	330823.4D	330823.5D
Dolphin	9:05 AM	330824.1A	330824.2A	330824.3A	330824.4A	330824.5A
	11:30 AM	330824.1B	330824.2B	330824.3B	330824.4B	330824.5B
Level 1	9:00 AM	330831.1A	330831.2A	330831.3A	330831.4A	330831.5A
	10:55 AM	330831.1B	330831.2B	330831.3B	330831.4B	330831.5B
Level 2	9:00 AM	330832.1A	330832.2A	330832.3A	330832.4A	330832.5A
	9:45 AM	330832.1B	330832.2B	330832.3B	330832.4B	330832.5B
	10:20 AM	330832.1C	330832.2C	330832.3C	330832.4C	330832.5C
	11:05 AM	330832.1D	330832.2D	330832.3D	330832.4D	330832.5D
	11:30 AM	330832.1E	330832.2E	330832.3E	330832.4E	330832.5E
Level 3	9:00 AM	330833.1A	330833.2A	330833.3A	330833.4A	330833.5A
	9:35 AM	330833.1B	330833.2B	330833.3B	330833.4B	330833.5B
	10:55 AM	330833.1C	330833.2C	330833.3C	330833.4C	330833.5C
Level 4	9:45 AM	330834.1A	330834.2A	330834.3A	330834.4A	330834.5A
	10:20 AM	330834.1B	330834.2B	330834.3B	330834.4B	330834.5B
	11:15 AM	330834.1C	330834.2C	330834.3C	330834.4C	330834.5C
Level 5	9:35 AM	330835.1A	330835.2A	330835.3A	330835.4A	330835.5A
	10:30 AM	330835.1B	330835.2B	330835.3B	330835.4B	330835.5B
	Fee	\$45/\$56.25	\$45/\$56.25	\$45/\$56.25	\$45/\$56.25	\$45/\$56.25
Beg Blast	9:00 AM	330840.1A	330840.2A	330840.3A	330840.4A	330840.5A
	11:25 AM	330840.1B	330840.2B	330840.3B	330840.4B	330840.5B
Blast 1	9:00 AM	330841.1A	330841.2A	330841.3A	330841.4A	330841.5A
	10:35 AM	330841.1B	330841.2B	330841.3B	330841.4B	330841.5B
	11:30 AM	330841.1C	330841.2C	330841.3C	330841.4C	330841.5C
Blast 2	9:45 AM	330842.1A	330842.2A	330842.3A	330842.4A	330842.5A
	10:40 AM	330842.1B	330842.2B	330842.3B	330842.4B	330842.5B
Blast 3	9:50 AM	330843.1A	330843.2A	330843.3A	330843.4A	330843.5A
M/W/F Mornings: M/W/F 1st week; M/W 2nd week						
	Date	6/1-6/10	6/15-6/24	6/29-7/8	7/13-7/22	7/27-8/5
	Fee	\$20/\$25	\$20/\$25	\$20/\$25	\$20/\$25	\$20/\$25

Aquababy MWF	10:50 AM	330811.1B	330811.2B	330811.3B	330811.4B	330811.5B
Aquatot M/W/F	10:20 AM	330812.1B	330812.2B	330812.3B	330812.4B	330812.5B
Water Ex-MWF	11:25 AM	330814.1B	330814.2B	330814.3B	330814.4B	330814.5B

Tuesday/Thursday Mornings

	Date	6/2-6/11	6/16-6/25	6/30-7/9	7/14-7/23	7/28-8/6
	Fee	\$16/\$20	\$16/\$20	\$16/\$20	\$16/\$20	\$16/\$20
Aquababy T/Th	10:20 AM	330811.1A	330811.2A	330811.3A	330811.4A	330811.5A
Aquatot T/Th	11:25 AM	330812.1A	330812.2A	330812.3A	330812.4A	330812.5A
Water Ex-T/Th	10:50 AM	330814.1A	330814.2A	330814.3A	330814.4A	330814.5A

Tues & Thurs Evening

	Time	Ssn 1	Ssn 2
	Date	6/2-6/30	7/7-8/4
	Fee	\$36/\$45	\$36/\$45
Aqua baby	5:50 PM	330211.1A	330211.2A
Aqua tot	6:25 PM	330212.1A	330212.2A
Turtle	6:25 PM	330221.1A	330221.2A
Alligator	5:50 PM	330222.1A	330222.2A
	6:20 PM	330222.1B	330222.2B
Seal	7:00 PM	330223.1A	330223.2A
Dolphin	7:10 PM	330224.1A	330224.2A
Level 1	7:00 PM	330231.1A	330231.2A
Level 2	6:55 PM	330232.1A	330232.2A
Level 3	7:00 PM	330233.1A	330233.2A
Level 4	6:15 PM	330234.1A	330234.2A
Level 5	5:30 PM	330235.1A	330235.2A
	Fee	\$45/\$56.25	\$45/\$56.25
Begin-ning Blast	5:50 PM	330240.1A	330240.2A
Blast 1	6:35 PM	330241.1A	330241.2A
Blast 2	6:20 PM	330242.1A	330242.2A
Blast 3	5:30 PM	330243.1A	330243.2A
Blast 3	5:50 PM	330243.1A	330243.2A

August Lessons

at Sunset Pool

MON & WED MORNING

	Time	Aug Ssn
	Date	8/10-8/26
	Fee	\$24/\$30
Aqua Baby	11:30 AM	430111.1A
Turtle	9:45 AM	430121.1A
Alligator	10:20 AM	430122.1A
Seal	10:55 AM	430123.1A

TUES & THURS MORNING

	Time	Aug Ssn
	Date	8/11-8/27
	Fee	\$24/\$30
Aqua Tot	11:30 AM	430212.1A
Water Ex	11:55 AM	430214.1A
Turtle	10:20 AM	430221.1A
Alligator	9:45 AM	430222.1A
Seal	9:10 AM	430223.1A

Outdoor Lessons Weather Policy:

Lessons will proceed at outdoor pools unless heavy rain or lightning conditions exist. If lessons in cold or rainy weather are not appealing, consider Centennial Pool or the Longmont Recreation Center. There are NO REFUNDS for cancellations due to inclement weather.

Pool Admittance Policy:

All swim lesson participants, including parents and siblings, are required to exit the facility at the conclusion of lessons. Lessons do not include facility open swim admittance; please plan to pay normal admittance fees to attend open swim.



Aquatic Job Training!

Become certified to teach
swimming lessons or
lifeguard at the pool!

Water Safety Instructor Training

Learn the techniques and skills necessary to become certified by the American Red Cross to teach swim lessons! Bring swim suit(s), towel(s), writing tools and food for the day.

Pre-Requisite: 16 yrs old on or before the last class day. 'Try-Out': Must be able to swim all 4 competitive strokes and demonstrate Elementary Backstroke and Sidestroke. Opportunities exist for stroke development during 'Try-Out'. No fee for 'Try Out'. If accepted, must register by July 10 and the ARC online learning must be completed by July 13. Instructions for the online learning provided after 'Try-Out'.

Try-Out: Wed, Jul 8, 3-4pm
16 & up: Jul 14-23, Tue/Wed/Thurs, 12:30-6:30pm 331241.1
Location: Centennial Pool, 1201 Alpine St
Fee: \$35 fee paid to American Red Cross after successful completion of 'Try-Out'
+ \$130 resident/\$162 non-resident/
\$60 pending employees to City of Longmont

Longmont Swim Instructor (LSI) Training

Become certified to teach City of Longmont swim lessons to youth ages 3 to 12. Pre-Requisite: Ability to swim all 4 competitive strokes proficiently at least 15 yards by last class day. Must submit job application by last day of class.

15 & up: Apr 29-May 1, Wed-Fri, 4-7pm 221243.2
& May 2, Sat, 9am-12pm 221243.3
May 4-7, Mon-Thurs, 4-7pm 221243.3
Location: Centennial Pool, 1201 Alpine St
Fee: \$50 resident/ \$62.50 non-resident

Lifeguard Training + Waterpark Certification

Learn the basics of American Red Cross lifeguard skills and practices. First Aid and CPR/AED for the professional rescuer are included. Register by July 7 to ensure books.

Pretest: 300 yard continuous swim; half Front Crawl and half Breaststroke.

15 & up: Pretest: Tue, Jul 14, 3-5pm 311211.1A
Tue-Fri, Jul 21-24 2-8pm;
Sat, Jul 25, 9-5pm
Location: Sunset Pool, 1900 Longs Peak Ave
Fee: \$160 resident /\$200 non-resident

Junior Lifeguard Camp

Not old enough for the Lifeguard class? This is the next best thing! Learn water rescues and surveillance skills all while improving stroke technique! Admission fees for each facility are included.

11-14 yrs: Jun 16-19, Tue-Fri, 10am-1pm 331215.1A
Jul 14-17, Tue-Fri, 10am-1pm 331215.1B
Location: Tues-Longmont Recreation Center,
Wed-Centennial Pool, Thurs-Sunset Pool,
Fri-Union Reservoir
Fee: \$50 resident/ \$62.50 non-resident

Swim Instructor Aide

Enjoy working with youth and want to be a swim instructor, but not 15 yet? Learn how to assist instructors with swim lessons. After successful completion of class, year round volunteer opportunities are available with City of Longmont swimming lessons!

Pre-Requisite: Level 4 or Blast 2 swimming ability.

11-14 years:
Apr 20 & 22, Mon & Wed, 5-7pm 221242.3A
Apr 26 & May 3, Sun, 3-5pm 221242.3B
May 2 & 9 Sat, 9-11am 221242.3C
Jun 2- 3, Tue & Wed, 8:30-11:30am 321242.1
Jun 8-17, Mon & Wed, 6- 8pm 321242.3
Jul 14-15, Tue & Wed, 8:30-11:30am 321242.2

Location: Centennial Pool, 1201 Alpine St

11-14 years:
Jun 17-18, Wed & Thur, 9am-12pm 331242.1
Jul 29-30, Wed & Thur, 9am-12pm 331242.2

Location: Sunset Pool, 1900 Longs Peak Ave
Fee: \$20 resident/\$25 non-resident

Babysitter's Training

This American Red Cross course provides youth with the information and skills necessary to provide safe and responsible care for children while babysitting. Participants will develop skills in 5 critical areas: leadership, safety and safe play, basic care, first aid, and professionalism. Bring a pen or pencil and lunch and/or snacks.

11 to 16 years:
Jun 2, Tue, 9am-4:30pm 321231.1
Jun 23, Tue, 9am-4:30pm 321231.2
Jul 7, Tue, 9am-4:30pm 321231.3
Jul 20, Mon, 9am-4:30pm 321231.4
Aug 10, Mon, 9am-4:30pm 321231.5

Location: Sunset Pool, 1900 Longs Peak Ave
Fee: \$55 resident/\$68.75 non-resident

Babysitter's Boot Camp

Three classes in one--American Red Cross Babysitter's Training, First Aid, and CPR for infants & children. Includes two text books for later reference. Great for both experienced and novice sitters. Bring a pen or pencil and lunch and/or snacks.

12 & up: Jun 10-11, Wed & Thu, 9am-2pm 321232.1
Jul 8-9, Wed & Thu, 9am-2pm 321232.2
Aug 3-4, Mon & Tues, 9am-2pm 321232.3

Location: Sunset Pool, 1900 Longs Peak Ave
Fee: \$90 resident/\$112.50 non-resident

CPR & AED

This American Red Cross class covers CPR & AED for adults, children and infants.

12 & up: May 14, Thurs, 5-9pm 311211.1A
Jul 28, Tue, 9am-1pm 311211.1B

Location: Longmont Recreation Center, 310 Quail Rd
Fee: \$65 resident/ \$81.25 non-resident

CPR/AED & First Aid

This American Red Cross course covers CPR & AED for adults, children and infants and First Aid.

12 & up: Jun 8 & 15, Mon, 5:30-8:30pm 311223.1A
Location: Sunset Pool, 1900 Longs Peak Ave

12 & up: Aug 16, Sun, 11-5pm 311223.1B
Location: Longmont Recreation Center, 310 Quail Rd
Fee: \$85 resident/ \$106.25 non-resident

First Aid

The American Red Cross First Aid Basics.

12 & up: May 9, Sat, 9-11am 311222.1A
Location: Longmont Recreation Center, 310 Quail Rd
12 & up: Jul 9, Thur, 5:30-7:30pm 311222.1B
Location: Sunset Pool, 1900 Longs Peak Ave
Fee: \$50 resident / \$62.50 non-resident

We will bring CPR, AED, and/or First Aid Classes to your group of 6 or more! Please contact Heather at heather.deal@longmontcolorado.gov to set up a date(s).

Wilderness and Remote First Aid

Gain the knowledge and backcountry skills to be able to respond to emergencies and give care in areas that do not have immediate emergency medical services (EMS) response. This includes wilderness and remote environments, including urban disasters. Must have CPR certification prior to class.

14 & up: Aug 7, Fri, 5-9pm & Aug 8, Sat, 9-5pm 311224.1A
Location: Longmont Recreation Center, 310 Quail Rd
Fee: \$75 resident/ \$93.75 non-resident

Adult Athletics

Adult Outdoor Archery

Archery is great for improving strength and concentration. Covers shooting skills, safety, scoring, types of equipment and terminology. All equipment is provided.

18 & up: May 20-Jun 10, Wed, 6-7:30pm 312342.B1
Jun 24-Jul 15, Wed, 6-7:30pm 312342.B2
Jul 29-Aug 19, Wed, 6-7:30pm 312342.B3
Instructor: Andrew Bennett, Level 2 Archery Instructor
Location: St Vrain Archery Club, S of Hwy 119 on WCR 5
Fee: \$60 resident/\$75 non-resident

Tennis Lessons

Please wear tennis shoes and bring a racquet and water bottle.
Location: Hover Park, 1361 Charles Dr

Ages 18 & up - Beginner: Tuesday/Thursday
Dates: Jun 2-18, 6-7pm 312606.T1
Jun 30-Jul 16, 6-7pm 312606.T2
Jul 28-Aug 13, 6-7pm 312606.T3
Fee: \$50 resident/\$62.50 non-resident

Ages 18 & up - Advanced Beginner: Tuesday/Thursday
Dates: Jun 2-18, 7-8:30pm 312616.T1
Jun 30-Jul 16, 7-8:30pm 312616.T2
Jul 28-Aug 13, 7-8:30pm 312616.T3
Fee: \$75 resident/\$93.75 non-resident

Adult Pickleball

Check out this fun, unique game best described as a hybrid of tennis and badminton. Join other active seniors up to four times per week.

55+ years: Monday-Thursday, 2-4pm
Location: Longmont Recreation Center, 310 Quail Rd
Fee: Daily Admittance

Senior Golf Association

Get out and play 9 holes of golf with other senior golfers at Sunset Golf Course. All levels welcome; no GHIN number required. This fun, noncompetitive, weekly group plays Fridays, May 15 through mid-October. Registration taken at the Longmont Senior Center.

Fee: \$16 resident/\$19 non-resident 287003.01
Informational Meeting: Apr 30, Thurs, 2pm,
at Longmont Senior Center, 910 Longs Peak Ave

Summer and Fall Coed Kickball

Break out the old rubber ball and come play kickball. This is a coed recreational kickball league played between two teams of 9 players – great for business teambuilding! Register through June 1 for summer and July 6-Aug 16 for Fall at the Longmont Recreation Center or on-line (packets available on-line).

16 to Adult: Garden Acres Ball Field, 2058 Spencer St
Summer Dates: Jun 9-Jul 28, Tuesdays
Fall Dates: Aug 25-Oct 16, Tuesdays
Total Team Fee: \$270
Two Payment Option: \$140 each payment = \$280

Summer and Fall Softball

Men's, Women's and Coed leagues are offered for ages 16 to adult. Register through Apr 26 (summer) or Jul 6-Aug 16 (Fall) at the Longmont Recreation Center or on-line (packets available on-line). Summer teams play 12 games, Fall teams play 8 games.

Summer Dates: May 4-Mid August
Total Team Fee: \$650
Three Payment Option: \$220 each payment = \$660
Free Agent Fee: \$60 resident/\$75 non-resident
Fall Dates: Aug 24-Oct 16
Total Team Fee: \$450
Two Payment Option: \$230 each payment = \$460
Free Agent Fee: \$44 resident/\$55 non-resident

Summer Adult Basketball

Two classifications of play offered, recreational and leisure. Register May 4-June 8 at the Longmont Recreation Center or on-line (packets available on-line). Each team plays 8 games. Must be 18 years old.

Wed Recreation League: Jun 10-Aug 5
Location: St Vrain Memorial Building, 700 Longs Peak Ave

Thurs Leisure League: Jun 11-Aug 6
Location: Longmont Recreation Center, 310 Quail Rd
Total Team Fee: \$400
Two Payment Option: \$205 each payment = \$410
Free Agent Fee: \$50 resident/\$62.50 non-resident

Fall Flag Football

Men's 8v8 Competitive and recreational leagues are offered. Registration accepted at the Longmont Recreation Center or on-line (packets available on-line). Register July 27 through August 24. Each team plays 8 games beginning Sept 1.

18 to adult:
Sandstone Ranch Turf Fields, 3001 E Hwy 119
Fall Dates: Sept 1 – Oct 20
Total Team Fee: \$470
Two payment option: \$240 each payment = \$480
Free Agent Fee: \$48 resident/\$60 non-resident

Sign up as a free agent in Adult Team Sports!
Free Agents are individuals who don't have a team, but want to play in an adult sports league.
Free agents will be combined to form a team(S).
Free agent registration is available on-line.



SKYHAWKS SPORTS

Skyhawks provides a wide variety of fun, safe and positive programs that emphasize critical lessons of sports and life, such as teamwork, respect and sportsmanship. Our programs are designed to give each child a positive introduction into sports while fostering a lifelong love for an active, healthy lifestyle. Our patient and knowledgeable staff use a variety of skill-building games and activities to give each athlete a complete understanding and overview of the sport. Since 1979 Skyhawks has taught over one million boys and girls life lessons through sports. All campers receive a t-shirt and merit award/player evaluation for each camp.

Skyhawks Evening Soccer Camp

Not sure if your child is ready for a large camp environment or simply looking to give them an introduction to a new sport? In this evening program the basics of soccer are introduced in a fun, safe environment with lots of encouragement. Children learn balance, body movement, hand/eye coordination and skill development through a series of soccer specific games.

Soccer

3 to 4 years:	June 22-26, Mon-Fri, 4-4:45pm	312290.E1
	Jul 27-31, Mon-Fri, 4-4:45pm	312290.E7
4 to 6 years:	June 22-26, Mon-Fri, 5-5:45pm	312290.E2
	Jul 27-31, Mon-Fri, 5-5:45pm	312290.E8
6 to 8 years:	June 22-26, Mon-Fri, 6-6:45pm	312290.E3
	Jul 27-31, Mon-Fri, 6-6:45pm	312290.E9

Location: Willow Farm Park, 901 S Fordham
Fee: \$45 resident/\$56.25 non-resident

Skyhawks Mini-Hawk

This multi-sport program 4-7 year olds a positive first step into athletics. Baseball, basketball and soccer are taught in a safe, structured environment filled with lots of encouragement and a big focus on fun. Through games and activities, campers explore balance, hand/eye coordination and skill development at their own pace. Camper to coach ratio is 8:1

4-7 years:	Jun 1-5, Mon-Fri, 9am-12pm	312290.H1
	Jun 15-19, Mon-Fri, 9am-12pm	312290.H2
	Jul 6-10, Mon-Fri, 9am-12pm	312290.H3
	Jul 27-31, Mon-Fri, 9am-12pm	312290.H4

Location: Carr Park, 21st Ave and Gay St
Fee: \$114 resident/\$142.50 non-resident

Skyhawks Indoor Volleyball

All aspects of volleyball are taught through drills and exercises that focus on passing, setting, hitting and serving. This coed program is designed for the beginning and intermediate player. Our staff will assist campers in developing fundamental skills through game-speed drills and daily scrimmages aimed at developing the whole player. Camper to coach ratio 12:1

7 to 14 years:	Jun 1-5, Mon-Fri, 9am-12pm	312290.V1
	Jul 27-31, Mon-Fri, 9am-12pm	312290.V2

Location: Longmont Recreation Center, 310 Quail Rd
Fee: \$114 resident/\$142.50 non-resident

Skyhawks Tennis with Quickstart

Skyhawks Tennis with Quickstart is a new format to help kids ten and under learn and play tennis. The court is smaller and has shorter nets, the racquets are smaller and the balls are foam. Athletes will also learn the rules and etiquette that make tennis such an exciting game to play. Due to limited court space, these programs fill up quickly. Camper to coach ratio 8:1

5 to 9 years:	Jun 8-12, Mon-Fri, 9am-12pm	312290.Q1
	Jun 29-Jul 3, Mon-Fri, 9am-12pm	312290.Q2

Location: Affolter Tennis, Holly Ave and S Judson St
Fee: \$114 resident/\$142.50 non-resident

Skyhawks Basketball

This fun, skill-intensive program is designed for the beginning to intermediate player. Using our progressive-oriented curriculum, our staff will focus on the whole player, teaching respect, teamwork and responsibility. An active week of passing, shooting, dribbling and rebounding makes this one of our most popular programs. All participants receive a basketball. Camper to coach ratio is 10:1.

7 to 12 years:	Jun 8-12, Mon-Fri, 9am- 3pm	312290.B1
	Jul 6-10, Mon-Fri, 9am-3pm	312290.B2

Location: Longmont Recreation Center, 310 Quail Rd
Fee: \$134 resident/\$167.50 non-resident

Skyhawks Tennis

Skyhawks tennis focuses on skill refinement as well as practice and match play to develop consistent well-rounded tennis players. Players learn proper grips, footwork, strokes, volleys and serves during a series of drills designed to teach skills in a fun and dynamic way. Athletes also learn the rules and etiquette that make tennis an exciting game. Due to limited court space, these programs fill quickly. Camper to coach ratio 8:1.

7 to 13 years:	Jun 8-12, Mon-Fri, 9am-12pm	312290.T1
	Jul 13-17, Mon-Fri, 9am-12pm	312290.T2

Location: Affolter Tennis, Holly Ave and S Judson St
Fee: \$114 resident/\$142.50 non-resident

Skyhawks Baseball

Skyhawks baseball takes the rich history of the game from Cooperstown to your town. Staff use a progressive-oriented curriculum to teach the fundamentals of fielding, catching, throwing, hitting and base running, all in a fun, positive environment. Specifically designed for beginning and intermediate players, this program teaches athletes new baseball skills along with vital life lessons such as respect, teamwork and responsibility. The participant-to-coach ratio is approximately 12:1.

6 to 12 years:	Jun 15-19, Mon-Fri, 9am-12pm	312290.L
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Location: Sandstone Ranch Baseball #4,
2525 E Hwy 119
Fee: \$114 resident/\$142.50 non-resident

Cheerleading

Skyhawks Cheerleading teaches the essential skills to lead crowds and support the home team! There is no stunting in this entry level program, just a big focus on fun while each cheerleader learns cheers, proper hand & body movements and jumping techniques plus important life skills such as teambuilding and leadership. The week concludes with a choreographed performance. All campers receive pom-poms. Participant to coach ratio 10:1.

5 to 9 years:	Jun 22-26, Mon-Fri, 9am-12pm	312290.C
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Location: Sandstone Ranch Turf Fields,
3001 E Hwy 119
Fee: \$114 resident/\$142.50 non-resident

Skyhawks Golf

Skyhawks Golf focuses on building the confidence of young athletes through proper technique and refining the essential skills of the game. Golf is a challenging and lifelong sport, so young athletes need proper focus on the fundamentals of form, swinging, putting and body positioning. Skyhawks uses the SNAG (Starting New At Golf) system which is designed for the entry-level player. Please do not bring your own clubs - all equipment is provided. Camper to coach ratio 8:1.

5 to 8 years:	Jun 22-26, Mon-Fri, 9am-12pm	312290.G
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Location: Sandstone Ranch Turf Fields,
3001 E Hwy 119
Fee: \$114 resident/\$142.50 non-resident

Skyhawks Soccer

Developed over 30 years, this is the number one soccer camp for parents looking to introduce their children to the fundamentals of the worlds' most popular sport. Using our progressive-oriented curriculum, focusing on dribbling, passing, shooting and ball control, your young athlete will gain the technical skills and sport knowledge required for that next step into soccer. Includes soccer ball. Camper to coach ratio 14:1

6-12 years	Jul 13-17, Mon-Fri, 9am-3pm	312290.S
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Location: Garden Acres west field, 2058 Spencer St
Fee: \$134 resident/\$167.50 non-resident

Skyhawks Flag Football

Flag Football is the perfect introduction to "America's Game". Campers learn skills on both sides of the football including the core components of passing, catching and defensive positioning - all presented in a fun and positive environment. The week ends with the Skyhawks Sports Bowl! All participants receive a football. The participant-to-coach ratio is approximately 12:1.

6 to 12 years:	Jul 20-24, Mon-Fri, 9am- 3pm	312290.F
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Location: Garden Acres west field, 2058 Spencer St
Fee: \$134 resident/\$167.50 non-resident

Summer Free Event

Rockies Skill Challenge

For boys and girls ages 6-13 as of December 31, 2015. Participants will compete in throwing, running and hitting. Boys and girls compete separately in four age divisions (6/7, 8/9, 10/11 & 12/13). Winners in each age and gender group will advance to a sectional competition. The winners of the sectional competition move on to the state competition at All Star Stadium in Lakewood in August. Registration forms will be available at the competition. Participants must provide a copy of their birth certificate on the day of the competition. Adult signature is required to participate.

Date: Saturday, June 13, 2015
Event Time: 9:00-10:30am
Location: Sandstone Ranch Ballfields, 3001 E Hwy 119

Tri Peaks Youth Triathlon Team

The goal of the Youth Triathlon Club is to develop swimming, cycling and running abilities while promoting a healthy, active lifestyle – all while having fun! Daily focus on run, swim, or bike.

8 to 17 yrs: Kick Off Meeting: Sun, Apr 12, 4pm
Apr 12-May 28, T/Th/Su, 4:30-5:30pm 223611.2
Location: Centennial Pool, 1201 Alpine St.
Fee: \$120 resident/ \$150 non-resident
8 to 17 yrs: Jun 1- Jul 31, Mon & Fri, 10:30-11:30am,
Tues 10:30-11:45am 326400.1
Location: Sunset Pool, 1900 Longs Peak Ave.
Fee: \$105 resident/\$131.25 non-residents

Speed & Agility Camp

Are you ready to take your game to the next level and leave the competition in the dust? This unique training program is designed to help you; decelerate quicker, accelerate in open space faster, develop explosive leaping ability, perform at your peak longer and become a playmaker in your chosen sport. Please wear gym clothes and non-marking shoes and bring a water bottle.

12-18 yrs: May 4-27, Mon/Wed, 4-5pm 312292.M1
Jun 1-24, Mon/Wed, 4-5pm 312292.J1
Instructor: Eric Lee
Location: Longmont Recreation Center, 310 Quail Rd
Fee: \$100 resident/\$125 non-resident

CARA Track Team

This program exposes participants to a variety of track and field events in a recreational atmosphere. Participants have the opportunity to gain exposure to and compete in a variety of track and field events appropriate to age and skill level. Saturday meets are held along the Front Range. A copy of a birth certificate is required at time of registration (or at first practice if registering on-line). Register according to child's age as of Aug 1, 2015. Bring water bottle to practice.

Days/Dates: Jun 2-Jul 25, Tues/Thurs; Sat meets
5 to 10 years: 8- 9:15am 312263.50
11 to 16 years: 9:30-11am 312263.16
5 to 16 years: 6- 7:30pm 312263.EV
Location: Skyline High School, 600 E Mountain View
Fee: \$80 resident/\$100 non-resident



CARA Tennis Team

For players with previous tennis experience. Inter-City competition of a low-key nature will be available for those wishing to participate on Fridays. Participants must provide a copy of their birth certificate at time of registration. Please register according to child's age as of Aug 1, 2015. Times, dates and location of practices are subject to change based on registration.

Days/Dates: Jun 1-Jul 25, Mon-Wed; Fri matches
8 to 10 years: 9-10am 312261.10
11 to 12 years: 10-11am 312261.12
13 to 14 years: 11am-12pm 312261.14
15 to 18 years: 8- 9am 312261.18
Location: Carr Park, 21st Ave and Gay St
Fee: \$80 resident/\$100 non-resident

Youth Tennis Lessons

All Tennis lessons are for beginners. Lessons for 4-10 year olds will use the Quickstart Tennis format. Participants must supply their own racket. Balls will be provided.

Dates/Days: Jun 1-17, Monday/Wednesday
4 to 6 years: 8:30- 9am 312600.M1
7 to 8 years: 9:05-10:05am 312601.M1
9 to 10 years: 10:10-11:10am 312602.M1
11 to 12 years: 11:15am-12:15pm 312603.M1

Dates/Days: Jun 29-Jul 15, Monday/Wednesday
4 to 6 years: 8:30-9am 312600.M2
7 to 8 years: 9:05-10:05am 312601.M2
9 to 10 years: 10:10-11:10am 312602.M2
11 to 12 years: 11:15am-12:15pm 312603.M2

Dates/Days: Jul 27-Aug 12, Monday/Wednesday
4 to 6 years: 8:30-9am 312600.M3
7 to 8 years: 9:05-10:05am 312601.M3
9 to 10 years: 10:10-11:10am 312602.M3
11 to 12 years: 11:15am-12:15pm 312603.M3

Dates/Days: Jun 2-18, Tuesday/Thursday
4 to 6 years: 8:30- 9am 312600.T1
7 to 8 years: 9:05-10:05am 312601.T1
9 to 10 years: 10:10-11:10am 312602.T1
11 to 12 years: 11:15am-12:15pm 312603.T1
13 to 17 years: 5- 6pm 312605.T1
Advanced Beginner 9 to 12 years: 4-5pm 312615.T1

Dates/Days: Jun 30-Jul 16, Tuesday/Thursday
4 to 6 years: 8:30- 9am 312600.T2
7 to 8 years: 9:05-10:05am 312601.T2
9 to 10 years: 10:10-11:10am 312602.T2
11 to 12 years: 11:15am-12:15pm 312603.T2
13 to 17 years: 5- 6pm 312605.T2
Advanced Beginner 9 to 12 years: 4-5pm 312615.T2

Dates/Days: Jul 28-Aug 13, Tuesday/Thursday
4 to 6 years: 8:30- 9am 312600.T3
7 to 8 years: 9:05-10:05am 312601.T3
9 to 10 years: 10:10-11:10am 312602.T3
11 to 12 years: 11:15am-12:15pm 312603.T3
13 to 17 years: 5- 6pm 312605.T3
Advanced Beginner 9 to 12 years: 4-5pm 312615.T3

Location: Hover Acres Park, 1361 Charles Drive
Fee: Ages 4-6: \$25/resident/\$31.25 non-resident
Ages 7-17: \$50 resident/\$62.50 non-resident



Preschool Sports

These clinics will be held indoors and/or outdoors and will focus on the basics of the game. Goal Sports clinic will include soccer, lacrosse and scooter hockey. Please have your child wear tennis shoes, bring water and prepare for the weather (sunscreen). Come in and enjoy a workout while the little one burns some energy.

Ages:	3 to 5 years:	Time: 10:30-11:15am	
Goal Sports	Tuesdays	May 5-26	312156.T
	Thursdays	May 7-28	312156.R
	Monday	Jun 1-22	312156.M
	Wednesdays	Jun 3-24	312156.W
Soccer	Monday	May 4-18	312121.M
	Wednesdays	May 6-27	312121.W
	Tuesdays	Jul 7-28	312121.T
	Thursdays	Jul 9-30	312121.R
	Monday	Aug 3-24	312121.M2
	Wednesdays	Aug 5-26	312121.W2
T-ball	Tuesdays	Jun 2-23	312122.T
	Thursdays	Jun 4-25	312122.R
	Mondays	Jul 6-27	312122.M
	Wednesdays	Jul 8-29	312122.W
Basketball	Tuesdays	Aug 4-25	312120.T
	Thursdays	Aug 6-27	312120.R

Location: Longmont Recreation Center, 310 Quail Rd
Fee: \$30 resident/\$37.50 non-resident

Youth Outdoor Archery



Learn shooting skills, safety, scoring, types of equipment and terminology. Archery is an Olympic sport that teaches discipline and concentration. Class is taught by a Level 2 Archery Instructor. All equipment is provided.
Location: Archery Range, South of Hwy 119 on WCR 5

Beginner Archery

Learn shooting skills, safety, scoring, types of equipment and terminology

10 to 17 years:	May 19-Jun 9, Tue, 4:45-5:45pm	312242.B1
	Jun 23-Jul 14, Tue, 4:45-5:45pm	312242.B2
	Jul 28-Aug 18, Tue, 4:45-5:45pm	312242.B3
Fee:	\$40 resident/\$50 non-resident	

Intermediate Archery

Learn aiming techniques, how to avoid bad habits and the fundamentals of tournament archery. Must have instructor's approval to enroll.

10 to 17 years:	May 19-Jun 9, Tue, 6- 7:30pm	312242.T1
	Jun 23-Jul 14, Tue, 6- 7:30pm	312242.T2
	Jul 28-Aug 18, Tue, 6- 7:30pm	312242.T3
Fee:	\$60 resident/\$75 non-resident	

Youth Golf

Sunset Junior Golf Play Day

Let's play some golf! For youth who understand basic golf etiquette and have SOME prior golf experience. You do not have to be a great golfer, just willing to play by the rules! Course tees are set at 150 yards. Play ends at 12:30pm no matter where you are on the course. If you choose, you can buy a \$3 lunch at the club house. Sunset Pool opens at 1pm so head over there to cool down after Golf (pool fees apply). Sign up for 3 Play Days by June 1 to receive the Junior Golf "goodie package". Refunds not available after June 1, but you can transfer to a different day. Call 303-651-8404 for additional information.

8 to 17 years: Wed, 10:30am-12:30pm
Dates: Jun 10, 17, or 24; Jul 15, 22, or 29; Aug 5
Keyword "golf" or basic code 377218
Instructor: Ryan Williams
Location: Sunset Golf Course, 1900 Longs Peak Ave
Daily Fee: \$7

Snag and Brag Golf

This unique approach to learning golf will focus on FUN while learning the basics of club handling, aim, stroke and basic golf form. The SUCCESS driven class incorporates targets and games using the clubs and balls provided. A perfect starter class to get your child hooked on golf.

5 to 6 years:	Jun 2 & 9, Tue, 9- 9:35am	376128.06
	Jun 16 & 23, Tue, 9- 9:35am	376128.6A
	Jul 7 & 14, Tue, 9- 9:35am	376128.07
	Aug 4 & 11, Tues, 9-9:35am	376128.08
7 to 9 years:	Jun 2 & 9, Tue, 9:50-10:25am	376228.06
	Jun 16 & 23, Tue, 9:50-10:25am	376228.6A
	Jul 7 & 14, Tue, 9:50-10:25am	376228.07
	Aug 4 & 11, Tue, 9:50-10:25am	376228.08
Instructor:	Ryan Williams	
Location:	Sunset Golf Course, 1900 Longs Peak Ave	
Fee:	\$26	

Skills to Thrills Junior Golf

Bring the skills and the thrills will follow. Pick an area you would like to improve upon to get your game going (or renewed). Take the same class twice if you feel you need additional help. Putting fundamentals: Skill sets work on: Safety, putting grip, basic swing stroke, aim.

5 to 7 years:	Jun 11, Thurs, 9-9:50am	376238.06
	Jun 18, Thurs, 9-9:50am	376238.6A
	Jun 25, Thurs, 9-9:50am	376238.6B
	Jul 2, Thurs, 9-9:50am	376238.6C
	Jul 9, Thurs, 9-9:50am	376238.07
	Jul 16, Thurs, 9-9:50am	376238.7A
8 to 11 years:	Jun 11, Thurs, 10-10:50am	376138.06
	Jun 18, Thurs, 10-10:50am	376138.6A
	Jun 25, Thurs, 10-10:50am	376138.6B
	Jul 2, Thurs, 10-10:50am	376138.6C
	Jul 9, Thurs, 10-10:50am	376138.07
	Jul 16, Thurs, 10-10:50am	376138.7A
Instructor:	Ryan Williams	
Location:	Ute Creek Golf Course, 2000 Ute Creek Dr	
Fee:	\$16	

Com-PUTT-ition

Prizes, friendly rivalry, fun! This Chip and Putt challenge is all about the spirit of having fun while enhancing your chipping and putting skills. Intended for children who have intermediate skills. Come a little early to practice before the challenge begins.

8 to 16 years:	Jul 21, Tue, 10-11:30am	376148.07
	Jul 28, Tue, 10-11:30am	376148.7A
Location:	Ute Creek Golf Course, 2000 Ute Creek Dr	
Fee:	\$15	



Basketball Academy

Come join Academy Basketball to improve your overall skills. Join us for fun, excitement, great coaching, skills, drills and games. All skill levels are welcome. Space is limited, so please sign up today.

Grades 3-5: May 4-20, Mon/Wed, 4:15-5:15 312291.A
 Instructor: Legends Youth Athletics
 Location: Longmont Rec Center, 310 Quail Rd
 Fee: \$75 resident/\$93.75 non-resident

Youth Fencing Lessons

Dedicated to terminology, footwork, games, simple attacks and blocks, instruction is simple and each class is lively, building on the skills learned in the previous class. Beginners learn the fundamentals, skills and rules of this fast, fun and intense sport. The Progressive class is for those who have taken the beginner class. All fencing equipment is provided.

8 to 16 years: Thursdays, 6:45-7:30pm
 Beginner: May 28-Jul 2 312252.2
 Jul 9-Aug 13 312252.22
 Progressive: Thursdays, 7:30-8:15pm
 Dates: May 28-Jul 2 312252.1
 Jul 9-Aug 13 312252.12

Instructor: Denver Fencing Academy
 Location: Longmont Recreation Center, 310 Quail Rd
 Fee: \$90 resident/\$112.50 non-resident

Skatestart Plus: Youth Skateboarding Lessons

A special skateboard program geared toward beginners and never-ers. Skatestart Plus focuses on mastering the fundamentals and encouraging participants to push faster, roll faster, and master the basics. All you'll need is water, a snack, shoes, and a desire to learn. We'll get you set up with one of our skateboards & helmet. Certificate of awesomeness awarded at the end of class.



5 to 12 years: Jun 26, Fri, 9am-12pm 312230.06
 Jul 24, Fri, 9am-12pm 312230.07
 Aug 14, Fri, 9am-12pm 312230.08
 Location: Longmont Recreation Center Skate Park,
 310 Quail Rd
 Fee: \$55 resident/ \$ 65 non-resident

T-ball & Coach-pitch Baseball

This class focuses on teaching preschoolers how to throw, hit (off a tee for t-ball), run bases, catch balls and all the other fun parts of this great sport. The season concludes with a fun scrimmage on Thurs, July 30 in the evening. Please wear running shoes (no sandals or crocs) and bring a baseball glove and water bottle.

T-ball - 4 to 5 years:
 Jul 6-30, Mon/Wed, 8:30-9:15 312272.M8
 Jul 6-30, Mon/Wed, 9:15-10am 312272.M9
 Jul 7-30, Tue/Thu, 8- 8:45am 312272.T8
 Fee: \$37 resident/\$46.25 non-resident

Coach-pitch Baseball - 6 to 7 years
 Jul 7-30, Tue/Thurs, 9-10am 312282
 Fee: \$45 resident/\$56.25 non-resident
 Location: Clark Centennial Park, Rodriguez Field,
 1200 Alpine Street



Volleyball Academy

Come join Academy volleyball and improve your overall skills. Join us for fun, excitement, great coaching, skills, drills and games. All skill levels welcome.

5 to 7 years: May 5-21, Tue/Thurs 4:15- 5:15pm 312298.K2
 8 to 10 years: May 5-21, Tue/Thurs 5:15- 6:15pm 312298.35
 Location: Longmont Recreation Center, 310 Quail Rd
 Fee: \$75 resident/\$93.75 non-resident

Grass Volleyball Academy

Are you interested in playing outdoor volleyball or just want to learn some skills? This is a great way to improve your indoor game and gain skills for grass tournaments. Come join Nicholle and learn great outdoor volleyball in a fun setting.

11 to 14 years:
 Jun 2-25, Tues/Thurs, 4:15- 5:15pm 312298.GM
 14 to 17 years:
 Jun 2-25, Tues/Thurs, 5:15- 6:15pm 312298.GH
 Location: Carr Park, 21st & Gay
 Fee: \$90 resident/\$112.50 non-resident

Volleyball Camp

Learn the basic skills of volleyball: serving, setting, hitting and defense. For beginners and intermediate players who want to learn as well as experienced players who want to perfect their skills. Legends Club Coaches instruct using skills and drills along with plenty of fun and excitement. All equipment provided. Please bring water to drink and a great attitude. Sign up for the grade in the 2015-2016 school year.



3-5 grade: Jun 30-Jul 2, Tue-Thurs, 9am-12pm 312296.EL
 6-8 grade: Jun 30-Jul 2, Tue-Thurs, 1-4pm 312296.MS
 High School: Jul 20-22, Mon-Wed, 9am-12pm 312296.HS
 Instructor: Nicholle Snyder
 Location: Longmont Rec Center, 310 Quail Rd
 Fee: \$110 resident/\$137.50 non-resident

Fall Youth Volleyball

A coed, organized team participation program. The emphasis of the program is placed on teamwork, sportsmanship, skill development, fun and participation. All teams play an 8 game schedule with two hours of practice a week. Registration deadline is Aug 23. Practice begins the week of Aug 31 and games begin Sept 12.

Aug 31-Oct 31: Grades 3 & 4: 412423
 Grades 5 & 6: 412425
 Grades 7 & 8: 412427
 Fee: \$70 resident/\$87.50 non-resident



Lacrosse Camp

During a fun and exciting week, learn skills, do drills and get introduced to the fast growing sport in America. Appropriate for beginners, intermediate, and experience players. All equipment and gear is provided. Bring water and a great attitude!

8 to 17 years: Jun 1- 4, Mon-Thurs, 9am-12pm 312295.B1
Jul 13-16, Mon-Thurs, 9am-12pm 312295.B3
Location: Garden Acres East field, 2058 Spencer St
8 to 17 years: Jun 22-25, Mon-Thurs, 9am-12pm 312295.B2
Aug 3- 6, Mon-Thurs, 9am-12pm 312295.B4
Location: Stephen Day Park, 1340 Deerwood
Instructor: Hustle Sports
Fee: \$99 resident/\$123.75 non-resident

Basketball Handling & Shooting Camp

Schell Educational Services, Inc (High Country Dribblers) is pleased to offer a basketball camp that specifically teaches ball-handling (dribbling) and shooting fundamentals. This camp is a great way to build self-confidence and ability! Anna and Katherine will truly TEACH (not just show) young people of all experience levels, the art of ball handling and shooting! Camp includes a basketball.

6 to 12 years: Jul 13-15, Mon-Wed, 8am-12pm 312291.H
Location: Longmont Recreation Center, 310 Quail Rd
Fee: \$75 resident/\$93.75 non-resident

Fencing Camps

These focused and fun camps are offered by truly outstanding coaches. Camps include all fencing equipment and a camp water bottle.

Instructor: Denver Fencing Academy
Location: Longmont Recreation Center, 310 Quail Rd
Single Camp Fee: \$200 resident/\$250 non-resident
Register for both Camps and bring a lunch: 312297.2
Fee: \$350 resident/\$437.50 non-resident

Jedi Training Camp

Long, long ago in a galaxy far, far away the Jedi Knights protected the innocent from evil doers. Learn how to train their mind and body to become the greatest heroes of all time. Learn how to use the light sabers in theatrical fighting, participate in strength and agility training using various exercises and games, learn Jedi lore and history and learn how to put together a massive battle.

8 to 18 years: Aug 3-7, Mon-Fri, 9am-noon 312297.B

Fencing Camps

Designed for all skill levels, this camp includes an introduction to the history of fencing, footwork and blade work (parries and ripostes). The program also provides for intermediate and progressive saber fencers.

8 to 18 years: Aug 3-7, Mon-Fri, 1- 4pm 312297.1



Fall CARA Lacrosse League

A coed team program with an emphasis on fun and participation. Saturdays games are played in Longmont or surrounding communities. Mandatory Equipment: stick, gloves, arm pads, shoulder pads, mouth piece, protective cup and NOCSAE approved helmet. Rib pads are recommended. All equipment shall conform to NFHS rules.

Dates: Aug 17-Oct 10
6 to 8 years: 312264.B6
8 to 10 years: 312264.B8
10 to 12 years: 312264.B0
12 to 14 years: 312264.B2
Location: Sandstone Ranch, 3001 E Hwy 119
Fee: \$60 resident/\$75 non-resident

Learn Ultimate Frisbee

Join the Craze. Ultimate Frisbee is an exciting, non-contact co-ed team sport that combines elements from soccer, basketball, and football into one high-energy game. Experienced players coach skill clinics and coordinate games in this fun, lighthearted environment. Enjoy the family discount when registering.

12 & up: July 8-29, Wed, 6-7:30pm 312328.UF
Instructor: Grass Root Ultimate
Location: Roosevelt Park, 700 Longs Peak Ave
Fee: \$20 resident/\$55 non-resident;
\$10 each additional family members

CARA Cross Country

Run long distance and gain exposure to and compete in a meet appropriate to age and skill level. Practices are coed. Optional meets are held on Saturdays and/or Sundays. You must provide a copy of a birth certificate at time of registration (or at first practice if registering on-line). Bring water bottle to practice.



9-14 years: Aug 31-Oct 10, Mon/Wed, 5-6pm 412262.MW
Location: Sandstone Ranch Turf Fields, 3001 Hwy 119
Fee: \$40 resident/\$50 non-resident
Optional extra Friday practice for advanced runners to work toward end-of-season 5K race. 412262.F
Fee: \$20 resident/\$25 non-resident

Fall Intramural Soccer for Middle School

Fall team registration will begin the first part of August. Practices will begin after the St. Vrain Valley School year begins with games scheduled for September and October. Practices and games will be held at participating schools. Call Centennial Pool for more information – 303-651-8406.



Land and Water Drop-In Fitness Classes

Over 30 different types of land and water drop-in fitness classes are offered between the three different facilities: Centennial Pool, the Longmont Recreation Center, and the St Vrain Memorial Building. A full listing of class descriptions and schedules can be found at each of the recreation facilities and online at www.LongmontColorado.gov/rec. Unless otherwise noted, drop-in fitness classes are included with general admission.

No Regular Fitness Classes:

Monday, May 25; Saturday, July 4; & Monday, September 7

Special Fitness Classes:

Aqua ZUMBA® Saturday, July 4, 9-10am at Sunset Pool

New to NIA, Sat, May 16, 1-2:15pm at the Longmont Recreation Center

Learn the theory and steps for any NIA class. It's cardiovascular, energizing, creative and just plain fun!

Instructor: Marcia Babcock

Group Fitness Instructors WANTED. Must have certification. Apply online @ www.LongmontColorado.gov

Jazzercise

Aerobic dance, Yoga, Pilates and Kickboxing movements set into a fun routine. Please check in with Jazzercise-separate table will be set up for them. For info call 720-494-0312.

Drop-in \$8/class; passes available.

MWF 9:15-10:15am @ Longmont Recreation Center

Quick Fit

\$3 resident/ \$3.50 non-resident Quick Fit Workouts are available at Centennial Pool, exclusively to parents of learn-to-swim classes while their children swim, and at the St Vrain Memorial Building, exclusively to parents of tumbling classes while their child is in class.

HydrO2ga

A meditative, no-impact, high resistance, deep water exercise program that does not use floatation devices.

18 & up: Sundays, 11am-12pm

Dates: Apr 12, 26; May 3, 17, 24

Location: Centennial Pool, 1201 Alpine St

18 & up: Sundays, 11:30am-12:30pm

Dates: Jun 14, 21, 28; Jul 12, 19, 26; Aug 9, 16, 23, 30

Location: Sunset Pool, 1900 Longs Peak Ave

Instructor: Phyllis Tucker

Daily Fee: \$10 resident/ \$12.50 non-resident

SilverSneakers® Fitness Program

SilverSneakers® Fitness program is designed for Medicare participants with select insurance plans. The program includes facility amenities and group fitness classes as well as unlimited access for daily admission. SilverSneakers® group classes offer the best opportunity to stay on track toward your health and fitness goals. The SilverSneakers® fitness passes are good at the Longmont Recreation Center, Centennial Pool, and St. Vrain Memorial Building. To find out more call Heather @ 303-774-4718 or stop into the Longmont Recreation Center and get signed up!



SilverSneakers® Orientations

Facility orientations for SilverSneakers® participants involve a tour of the Longmont Recreation Center and an overview of the fitness equipment.

Days/Times: May 7, Jun 4, Jul 2, Aug 6, Thurs, 9am
May 21, Jun 18, Jul 16, Aug 20, Thurs, 2pm

Location: Longmont Recreation Center, 310 Quail Road

Fee: FREE, however pre-registration is required

SilverSneakers® Circuit

Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper-body strength work with hand-held weights, elastic tubing with handles, and a Silver Sneakers® ball is alternated with non-impact aerobic choreography. A chair is offered for support, stretching, and relaxation exercises.

SilverSneakers® Cardio

Get Up& Go with an aerobics class for you-safe, heart healthy and gentle on the joints. The workout includes easy-to-follow low impact movement, and upper-body strength, abdominal conditioning, stretching and relaxation exercises designed to energize your active lifestyle.

SilverSneakers® Classic

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and chair is used for seated and/or standing support.

SilverSneakers® Yoga

YogaStretch will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement.

Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

SilverSneakers® Splash

Activate your aqua urge for variety! SilverSplash® offers lots of fun shallow-water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required, and a special SilverSneakers® kickboard is used to develop strength, balance and coordination.

55+, see the GO for additional wellness activities at www.longmontcolorado.gov/senior-services

Monday	Tuesday	Wednesday	Thursday	Friday
9:15-10am Yoga	8:45-9:30am Classic	9:15-10am Yoga	8:45-9:30am Classic	10:15-11am Yoga
10:15-11am Splash	9:35-10:20am Circuit	10:15-11am Yoga	9:35-10:20am Circuit	11:15-12pm Yoga
		1:30-2:15pm Cardio	10:15-11am Splash	

Open Water & Triathlon Training

Swim Technique for Swimmers and Triathletes

Learn better technique with former USA Triathlon head coach and world-class endurance sport educator Marc Evans. A format that teaches ground-breaking principles to learning swimming technique based upon his pioneering and highly regarded books on endurance sport training, education and technique teaching. Every person and level is welcome.



18 & up:	Apr 15-May 6, Wed, 12-1pm	223912.2
	May 13-Jun 3, Wed, 12-1pm	223912.3
	Jun 10- Jul 1, Wed, 12-1pm	323912.1
Location:	Centennial Pool, 1201 Alpine St	
Fee:	\$65 resident/ \$81.25 non-resident	

Open Water Swimming Skills Course

Consecutive day open water skills; sighting, drafting, starts, buoys, intensity control, exits, straight line navigation, economical and efficient strokes, breathing, moderate distances, anxiety and unease, safety and world-class techniques to help swimmers of ALL levels improve and be comfortable.

Weekday Skills Course – Women Only

18 & up:	Jun 2 & 3, Tue & Wed, 6-7:30pm	303913.1A
	Jul 7 & 8, Tue & Wed, 6-7:30pm	303913.1B
	Aug 4 & 5, Tue & Wed, 6-7:30pm	303913.1C

Personal Training Policy

The Longmont Recreation Center, St Vrain Memorial Building, Sunset Pool and Centennial Pool are City of Longmont operated and insured facilities. Therefore, only City employees can perform Personal Training, swim lesson instruction, and other coaching within City facilities.

Personal Training

Training can include core and balance training, basic weight training, nutrition advice and muscle building. Individual workout programs can be designed to fit all your fitness needs. Call the Longmont Recreation Center at 303-774-4800, St Vrain Memorial Building at 303-651-8404, or Centennial Pool at 303-651-8406 for more information. Days and Times by appointment.

Fees: Private Semi-Private

1 session- \$45/ \$57	1 session- \$55/ \$69
5 sessions- \$200/ \$250	5 sessions- \$250/ \$313
10 sessions- \$350/ \$438	10 sessions- \$450/ \$563

Fitness Assessment and Orientation

Designed for those who just want to take the first step and don't know where to start! Fee includes: health history screening, 30-minute consultation, personalized fitness profile and weight room orientation. Call the Fitness Coordinator at 303-774-4752 for more information and get your program set up today!

Fee: \$30 resident / \$38 non-resident

Location: Longmont Recreation Center, 310 Quail Rd

Weight Room Orientations

Please call the Longmont Recreation Center at 303-774-4800, Centennial Pool at 303-651-8406 or the St Vrain Memorial Building at 303-651-8404 for orientation class dates and times. 14 years and older.

Triathlon Training Weekends

Includes both distance and high level technique teaching on consecutive days. All levels are welcome. A detailed itinerary with meeting locations, timeframes and training specifics is available online (LongmontColorado.gov/rec,keyword "marc")



Sample Itinerary:

Day 1:	Swim 3000, Bike 2.5 hr., Run .5 hr.
Day 2:	Run technique track 2 hr., Swim 4400, Run 1.5-2 hr
Ages 18+:	Sat & Sun, all day (3-4+ hours each day)
May 16-17:	203914.2
Jun 6-7:	303914.1
Jul 4-5:	303914.2
Instructor:	Marc Evans
Location:	Varies-locations emailed out the week prior
Fee:	\$195 resident/ \$243.75 non-resident
Sat ONLY Fee:	\$125 resident/\$156.25 non-resident

Weekend Intensive – Coed

18 & up:	May 23&24, Sat & Sun, 8:15-10:15am	303913.2A
	Jun 27 & 28, Sat & Sun, 8:15-10:15am	303913.2B
	Jul 25 & 26, Sat & Sun, 8:15-10:15am	303913.2C
Instructor:	Marc Evans	
Location:	Union Reservoir, 0461 Weld Country Rd 26	
Fee:	\$49 resident/ \$61.25 non-resident	
	(fee includes admission to Union Reservoir)	
One Day Fee:	\$30 resident/\$38.50 non-resident	

Break-Free Wellness Classes

Instructor:	Bart Thurman, FDN & IIN Certified Nutrition Practitioner and Health Coach
Location:	Longmont Recreation Center, 310 Quail Rd
Fee:	\$12 resident/15 non-resident

Natural Detoxification

Nutrition for Cleansing Your Body. Learn to support and stimulate your body's natural detoxification systems. Make sure you have more pesticides, heavy metals and other toxins going out than coming in for optimal health.

18 & up:	Jun 10, Wed, 6:30-8pm	343510.06
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Put Out the Fire! Eliminate Food Sensitivities

The latest science links inflammation to literally all modern chronic health problems. Eating foods that you react to (much of the time unknowingly) contributes to this inflammation and is a source of unnecessary suffering that can lead to disease. Learn to identify yours for optimal health.

18 & up:	Jul 18, Wed, 6:30-8pm	343510.07
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The 5 Critical Pillars of Health

Learn to restore your body's innate ability to heal itself and lose weight naturally—for life. Symptoms like weight issues, low libido, poor energy, brain fog, achy joints, etc., are NOT normal. It's up to you to live strong. Empower yourself, you have control. Break-free.

18 & up:	Aug 5, Wed, 6:30-8pm	343510.08
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Intro to the Longmont Triathlon

Designed to answer all your triathlon swimming, biking, and running questions while getting you ready to race the Longmont Triathlon!

16 & up: Sat, 10am-12pm
 Apr 25, Intro to Triathlons 223620.1
 May 2, Swimming, Biking, and T-1 223621.2
 May 9, Biking, Running, and T-2 223622.3
 Instructor: Courtenay Patterson
 Location: Centennial Pool, 1201 Alpine St
 Fee: \$25 (one clinic), \$40 (2 clinics); \$50 (all 3)

Intro to Triathlons: Overview of triathlons; discussion of the 3 disciplines; what to expect on race day.

Swimming, Biking and T-1: Learn proper race swim etiquette; bike basics (changing a flat, eating/drinking on the bike); and transition area tips. Bring swim and bike gear.

Biking, Running and T-2: Discuss bike and run race techniques, practice transitions. Bring swim, bike and run gear.

Open Water Swim Clinic

Become more comfortable swimming an open water swim or open water Triathlon. Sighting, mass starts and swimming around buoys are covered. *Fee does not include gate fee for Union Reservoir \$8/car.

18 & up: Jul 11, Sat, 8:30-10:30am 320764.1
 Instructor: Robert Curtis
 Location: Union Reservoir, 0461 WCR 26
 Fee*: \$25 resident/ \$31 non-resident

Women's Safety Awareness

Class covers: Awareness theory, stalking methods used by predators, common myths regarding where and when we are safe, home safety tips, traveling safety tips & easily obtained tools that can be used for your defense. Includes some simple and effective defensive techniques taught by Longmont Police Officers.

13 & up: May 12, Tue, 6:30-8:30pm 247124.B
 Aug 4, Tue, 6:30-8:30pm 347122.A
 Location: St Vrain Memorial Building, 700 Longs Peak Ave
 Fee: \$5 resident/\$6.25 non-resident

TRX

Strength, core and more! This energetic workout is for all abilities and complements any exercise or racing program.

Location: Centennial Pool, 1201 Alpine St
 16 & up: Apr 13-May 21
 Days/Times: Mon & Wed, 8:15-9am 223502.1C
 Mon & Wed, 5:30-6:15pm 223502.2C
 Tue & Thurs, 8:15-9am 223512.1C
 Tue & Thurs, 5:45-6:30pm 223512.2C
 Fee: \$30 recreation pass holders /\$43 non pass holders
 16 & up: Jun 1-Jul 2; Jul 13-Aug 13
 Days/Times: Mon & Wed, 5:30-6:15pm 323502
 Tue & Thurs, 5:45-6:30pm 323512
 Fee: \$25 recreation pass holders /\$32 non pass holders

TRX for Teens

Build strength and develop good core to help you improve in a sport or just everyday activities. By utilizing your own body weight, the TRX Suspension Trainer is accessible for all fitness levels.

11 to 17 yrs: Jun 1-Jun 24, Mon & Wed, 4:30-5pm 323531.1
 Jul 6- Jul 29, Mon & Wed, 4:30-5pm 323531.2
 Location: Centennial Pool, 1201 Alpine St
 Fee: \$15 resident / \$24 non-resident

Paddleboard Yoga

Bring your yoga to the water! Enjoy 1 ½ hours of Stand Up Paddleboard (SUP) Yoga taught by Rocky Mountain Paddleboard. Focus on connecting your body and mind with the water and surrounding mountain scenery.

18 & up: May-Sept, Sun 8:30am and every other Fri 6pm
 Location: Union Reservoir, 0461 Weld Country Rd 26
 Fee: \$35 Register: rockymntnpaddleboard.com

Beginning Paddleboard Lessons

Learn how to stand up paddleboard! Rocky Mountain Paddleboard teaches the basics of how to properly stand, paddle and have fun on a paddleboard with one on one instruction.

18 & up: May-September
 Days/Times: Thurs 6-8pm, Sun 9:30-11:30am,
 or Sun, noon-2pm
 Location: Union Reservoir, 0461 Weld Country Rd 26
 Fee: \$75 Register: rockymntnpaddleboard.com

Meditation Workshop

Learn the benefits of meditation and how the body and brain are affected. Experience moving, sound, and guided mediation. For beginners and experienced alike.

16 & up: July 18, Sat, 3-5pm 313902.1A
 Instructor: Marcia Babcock, PhD, CPT,
 Nia Black Belt Instructor
 Location: Longmont Recreation Center, 310 Quail Rd
 Fee: \$10 resident/\$12.50 non-resident

Introduction to Meridian Tapping

Learn the history of tapping and how it's being used as a powerful self-care tool to relieve emotional and physical pain. Come and experience meridian tapping for yourself! Learn more at tappingguidance.com.

15 & up: Mon, Jun 22, 6:30-8pm 347103.A
 Instructor: Rev. Joyce Jay
 Location: St Vrain Mem Bldg, 700 Longs Peak Ave
 Fee: \$15 resident/\$18.75 non-resident

TRX Force

This progressive Tactical Conditioning Program helps people of all fitness levels safely develop the strength, power and core stability needed to do their jobs. TRX Force helps develop the resilience tactical athletes need to go the distance.

18 & up: May 28- Aug 10, Mon & Thurs,
 8:30-9:30am 323512.1A
 Location: Centennial Pool, 1201 Alpine St
 Fee: \$60 recreation pass holders / \$86 non pass holders

Progressive TRX

This class focuses on building strength, flexibility and functionality, while incorporating stretching and core work. Each class builds upon the previous, allowing you to learn TRX in a gradual, progressive manner.

16 & up: May 26- Jun 26, Tue & Fri, 8:30-9:30am 323512.1B
 Jul 7-Aug 7, Tue & Fri, 8:30-9:30am 323512.2B
 Location: Centennial Pool, 1201 Alpine St
 Fee: \$25 recreation pass holders /\$32 non pass holders



Yoga

Yoga students: Please bring your own yoga mat, if you have one. Yoga drop-in students are welcome. Please purchase drop-in pass in advance for drop-in dates online, at the St Vrain Memorial Building, or the Longmont Recreation Center. Monthly registered participants have priority and will be notified by e-mail of any changes.

Monthly registrants enjoy \$2 discount per class; partial months are charged at drop-in rate.

Drop-in fee: 1.25 hour classes: \$10 resident/ \$12.50 non-resident
1.5 hour classes: \$12 resident/ \$15 non-resident;
2 hour classes: \$13 resident/ \$16.25 non-resident

Alignment Based Yoga – Mon 4:30pm

This class emphasizes anatomical alignment for safety. Thoughtful sequencing helps prepare your body for poses that improve strength, balance, flexibility. Accurate alignment keeps the spine and joints healthy; a slow, focused style deepens your awareness, releases physical and mental tension, and leaves you renewed. 1.25 hour class.

Wellness Yoga – Mon 5:30pm, Thurs 5pm

Enjoy Yoga in a safe, relaxing and uplifting atmosphere. Increase balance, flexibility, and strength in body/mind. Experience greater peace and joy. Yoga is a vehicle for deepening the connection between body, mind & Soul and serves as recourse for personal growth and healing. 1.25 hour class.

Slow-Mo Yoga Flow – Tues 9:15am

Slow-Mo Yoga Flow introduces vinyasa flow yoga in ways that students of all levels can do. The pace of poses is slow and continuous, allowing students to readily follow the sequences and maintain their optimal form. Increased stamina, flexibility and confidence are the result. 1.5 hour class.

Gentle Yoga – Wed 10:30am

This class is for anyone who would like to relieve stress, increase strength and flexibility, improve balance and overall well-being. Practice gentle yoga poses using chairs, yoga props, and breathing techniques in a friendly and non-competitive environment. Please bring a blanket. 1.25 hour class. *No class Aug 12.* Katharine Kaufman teaching in June.

Therapeutic Structural Yoga – Wed 5:30pm

This classical yoga practice will restore health in body, mind and spirit, through an emphasis on anatomical alignment. This class, for beginning and continuing students, includes many variations on classical yoga, and will improve concentration, allow for personal growth and create inner calm. 2 hour class. *No class in August.*



Outdoor Yoga & Meditation - Wed 6:30pm

Come to the hidden jewel of Longmont, Sandstone Ranch! Practice gentle yoga, sitting and walking meditation while overlooking acres of fields, trees and a river as the summer sun moves west. This weekly class is for every body. Bring a yoga mat, blanket and your water bottle. 1.5 hour class.

Women's Hatha Yoga – Thurs 9am

This class is for continuing students of the Hatha Yoga. We will explore Asanas from the core, utilizing structural alignment, pranayama, and Ayurvedic principles. 2 hour class. *No class in August.*

Beginner Friendly Yoga - Friday 9:15am

Each class moves you through carefully designed sequences that work and stretch your whole being. Whether you're new to yoga or a continuing student, the multi-level instruction style allows you to practice safely within your current ability and guides you to work more deeply. 1.25 hour class.

Sunday Morning Yoga - 9am

Are you new or returning to Yoga? Feel at ease through an alignment based foundational/flow practice designed for every body. Honing awareness, cultivate breath, strength, flexibility, and deep rest; and come to a greater understanding of your own wellbeing. 1.25 hour class. *No class Jun 28.*

Day	Time	Class	Code	Location	Instructor
Mon	4-5:15pm	Alignment Based Yoga	343117	Izaak	Gwyn Cody
Mon	5:30-6:45pm	Wellness Yoga	343118	Izaak	Heidi Nordlund
Tues	9:15-10:45am	Slow-Mo Yoga Flow	343122	Izaak	Diana Shellenberger
Wed	10:30-11:45am	Gentle Yoga	343133	MemBldg	Urszula Bunting
Wed	5:30-7:30pm	Therapeutic Structural Yoga	343138	Izaak	Shar Lee
Wed	6:30-8pm	Outdoor Yoga & Mediation	343172	Sandstone Ranch Visitor & Learning Center	Katharine Kaufman
Thurs	9-11am	Women's Hatha Yoga	343142	Izaak	Shar Lee
Thurs	5-6:15pm	Wellness Yoga	343119	Izaak	Heidi Nordlund
Fri	9:15-10:30am	Beginner Friendly Yoga	343152	Izaak	Diana Shellenberger
Sun	9-10:15am	Sunday Morning Yoga	343171	Izaak	Katharine Kaufman

2015 Calendar of Events & Happenings

for more information visit LongmontColorado.gov

May 2015

May 2

Cinco de Mayo Celebration

Saturday, 11am to 6pm at Roosevelt Park, 700 Longs Peak Ave.
Longmont's Annual multicultural celebration.
Visit www.Longmontcincodemayo.com

May 9

Free Landfill Day

Saturday, 6am-2pm at the landfill in Erie.
Bring a copy of your current Longmont utility bill in order to have free entry to the event.

May 8

Second Friday

Friday, 6-9pm in Downtown Longmont.
Music Art and Youth - enjoy St. Vrain Valley School District art displays and music performances in Downtown Longmont. Gallery openings, promotions and activities will also take place throughout the district. May is SVVSD Appreciation month in Downtown Longmont. Visit www.downtownlongmont.com for details and participating businesses.

May 16

Free Shred Event

Saturday, 9 am – 2 pm at the Waste Diversion Center, 140 Martin St.
Bring a copy of your current Longmont utility bill to be eligible for free entry to the event.

May 16

ArtWalk

Saturday, 4-8pm in Downtown Longmont.
Free evening of art exhibitions, music, live theatre and children's activities.

May 22

Sunset Pool Opens

Friday, 10am-5pm
at Sunset Pool,
1900 Longs Peak Ave
303-651-8300



May 25

Memorial Day

City offices closed. No trash or recycling collection; it will be collected one day later than usual throughout the week.

May 30

Coffee with Council

Saturday, 9 – 10 am at the OUR Center, 250 3rd Ave.
Call 303-651-8601.

May 30 & 31

Triathlon Weekend

Longmont Recreation Services presents a weekend of triathlons geared to accommodate the elite racers, the very beginner and everyone in-between at Centennial Pool, 1201 Alpine St. For volunteer or triathlon vendor opportunities, call 303-651-8406. Detailed race information and registration is available at www.LongmontColorado.gov/rec, active.com, or pick up a registration form at any City of Longmont recreation facility. Longmont Triathlon Weekend is proudly brought to you by our Title Sponsor: Altitude Physical Therapy.



11th Annual Longmont

Kids Only Triathlon!

Swim any way you want, bike on any style bike, and run to your finisher medal at the end of the race! Race course distances are suitable for beginners to experienced racers of all ages and abilities.

Saturday, May 30 – first heat begins at 7:45am

6 to 17 yrs: Race distances and course vary by age group
Fee: \$30 through May 3/ \$35 begins May 4



4th Annual Try-a-Tri

A great race for any new triathlete!

Saturday, May 30 - first wave will begin around 9:45am, after Kids Only Triathlon

17 & Up: 200 yard pool swim, 4.5 mile bike, 2K run

Fee: \$40 through May 3/ \$50 begins May 4

35th Longmont Triathlon

Join us for the longest continuous running triathlon in Colorado History!

Sunday, May 31 - The first wave will begin at 7am.

15 & up: 525 yard pool swim; 12 mile bike; 5K run
Individual: \$60 through May 3/ \$70 begins May 4

Team: \$75 through May 3/ \$85 begins May 4

Pull
Out
and
Save
the
Date

2015 Calendar of Events & Happenings

June - August
2015

for more information visit LongmontColorado.gov

June 12

Solstice Friday

Friday, 6-9 pm in Downtown Longmont.
Downtown Longmont joins galleries and arts organizations with gallery openings, promotions and activities. Visit www.downtownlongmont.com.

June 13

Free Shred Event

Saturday, 9am-2pm at the Waste Diversion Center, 140 Martin St. Bring a copy of your current Longmont utility bill to be eligible for free entry to the event.

Rockies Skills Challenge

Saturday, 9am at Sandstone Ranch Ballfields, 3001 E Hwy 119
FREE event for boys & girls ages 6-13.
303-774-4800

June 16

Community Night at SSR

Tuesday, 5-8pm at Sandstone Ranch Visitors & Learning Center, 3001 E Hwy 119
FREE music by Flynn & Company 6:30-8pm

June 16

Catfish Night

Tuesday, 7-11pm at Rogers Grove Pond
Check in at the entrance to the fairgrounds on Hover St. Participants 16 and older must have valid fishing license. FREE

June 24

Bike to Work Day

Wednesday, various Longmont businesses.
For a list of morning and evening Bike to Work Day stations and for more information about activities and how to get involved, visit www.biketowork2014.org

June 27

Coffee with Council

June 20

Kinetics Solstice Festival

Saturday, 11am at Union Reservoir, 0461 Weld County Rd 26
Every sculpture has a theme that is reflected in the team's costumes and actions. Build your own kinetic sculpture and join the fun, or just come and spectate at this annual affair. Go to kineticists.org for more information! \$10 per car load, \$2 per bike/walker.

Solstice Swim

Saturday, 6pm at Union Reservoir, 0461 Weld County Rd 26
New for 2015, brought to you by Mountain Swim Series! Event details and registration at www.MountainSwimSeries.com.



Concerts in Roosevelt Park Roosevelt Park, 700 Longs Peak Avenue

2015: Americana in the Park

Bring the kids, bring a picnic, and enjoy the Sounds of Summer—four FREE outdoor concerts featuring Colorado-grown Americana artists who reach across the spectrum of American roots music styles, including bluegrass, rock, country, folk and blues. Alcohol is not allowed.

Tuesdays, 6:30-8pm

June 9

Idlewhile

June 23

Coral Creek

July 14

Katie Glassman & Snapshot

July 28

Pete Wernick & Flexigrass



Pete Wernick & Flexigrass

Thank you to our sponsors, Longmont NextLight and the Phillip Ferranti/Ferranti Foundation for helping us keep this series a free community staple!

Museum Summer Concert Series

Longmont Museum, 400 Quail Road
FREE concerts held in the Museum's outdoor grassy courtyard.

Lawn chairs and picnics are welcome; please leave pets and alcohol at home.

Museum exhibition galleries are closed during concerts.

Wednesdays, 6:30-8pm

June 24

Hummin' Birds

July 1

Mariachi Vasquez

July 8

Hot Tomatoes

July 15

Medicine



Hummin' Birds



Mariachi Vasquez



Community Nights at SSR

Bring your picnic and settle down for an evening of lawn games. Featured events begin at 6:30pm. FREE.

Tuesday, 5-8pm at Sandstone Ranch

July 13
July 22
MODNIKS
Delta Sonics

Saturday, 9-10 am at Ute Creek Golf Course
Street, 2000 Ute Creek Drive. Call 303-651-
8601.

July 3

Independence Day Observance
Friday. City offices closed. Recreation facilities
open regular hours.

July 4

Longmont Symphony Concert

Saturday, 11am at Thompson Park, 4th & Bross

Independence Day

Modified hours at Recreation facilities.

July 10

Second Friday

Friday, 6-9 pm in Downtown Longmont.

Downtown Longmont joins galleries and arts
organizations with gallery openings, promotions
and activities. Visit www.downtownlongmont.com.

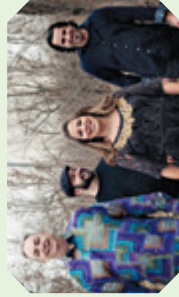


2015 | Longmont | Music | Arts | Environment

July 10

Rhythm on the River

Friday, 5-8pm at Roger's Grove,
Friday night concert with food and beverage
sales. Free shuttle and free parking at the Boulder
County Fairgrounds.



Mojomama

July 11

Rhythm on the River

Saturday, 7am-8pm at
Roger's Grove,

A full day of music entertainment and art for all
ages. Free shuttle and free parking at the Boulder
County Fairgrounds.

Roger's River Run

Saturday, 7:30am start
at Boston Ave near
entrance to Fairgrounds



July 13
July 22
MODNIKS
Delta Sonics

Modniks

2015 Downtown Street Concert Series

Beer sales 5:45-9pm. Opening Act 6-6:45; Headliner 7-9pm
Fridays, 6-9pm, 4th & Main St Visit www.downtownlongmont.com

June 5

Opening Act by Larry's Guitar Shop
Chris Daniels band and the Kings
featuring **Freddi Gowdy**

June 12

Opening Act by Jensen Guitar
The Long Run

June 19

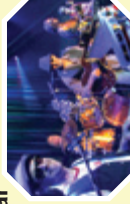
Opening Act by TBA
Soul Sacrifice

June 26

Opening Act by Miller Music
Last Men on Earth

July 24

Coloradans Car Show & Concert
Opening Act **Sammy Dee Morton**
Wash Park Band



July 15

Catfish Night **FREE**

Wednesday, 7-11pm at Rogers Grove Pond
Check in at the entrance to the fairgrounds
on Hover St. Participants 16 and older must
have valid fishing license. **FREE**

July 18

Free Shred Event

Saturday, 9am-2pm at the Waste Diversion
Center, 140 Martin St. Bring a copy of your
current Longmont utility bill to be eligible for
free entry to the event.

ArtWalk

Saturday, 4-8pm in Downtown Longmont.
Free evening of art exhibitions, music, live
theatre and children's activities.

July 21

Community Night at SSR

Tuesday, 5-8pm at Sandstone Ranch
Visitors & Learning Center, 3001 E Hwy 119
Featuring Hawk Quest: 6:30-8pm:
See raptors up close!

Visitors & Learning Center, 3001 E Hwy 119



Flynn & Co.

June 16

Concert Night with
Flynn&Company - Folk Music

July 21

Nature Night with Hawk
Quest - live raptors

Aug 18

History Night with The
Legendary Ladies



2015 | Longmont | Music | Arts | Environment

Friday Night Concert Friday, July 10

5-8pm Vendors will be selling food, beverages & beer
5-6pm Mojomama
6:30-8pm The Nacho Men

Free Shuttles run from 5pm to 9pm on Friday, and 7am to 9pm on Saturday, courtesy of **Valley Subaru of Longmont**



Schedule of Events Saturday, July 11

Food

The best of Longmont's restaurants will present their unique menus both Friday evening and all day Saturday. Food and beverage items are priced between 1 token (\$1.00 each) to 10 tokens (\$10.00). A traditional Prairie Breakfast will be served from 7-10am Saturday for \$3 cash, no tokens necessary. Coffee vendor available.

7-10am **Prairie Breakfast** \$3.00 per person
10am-8pm **Restaurant Row**
12pm-7:30pm **Beer Sales**



Activities

7am **Hot Air Balloon Launch** (weather permitting)
7:30am **Roger's River Run** (fees apply)
8am-5pm **Conservation Carnival** - Local Environmental programs
8am-5pm **Tween Scene** - Ropes Course
8am-6pm **Rock Climbing Wall / Kayak Tanks**
2:50pm **Corporate Duck Race** - St. Vrain River
3pm **Individual Duck Race** - St. Vrain River, \$5 per duck

Music & Entertainment

Grove Stage

11am-4pm **Paul Borrillo, Emcee**
8:30-9:30am **Crystal Swing Band**
10-11am **Ricardo Pena Band**
11:30am-12:30pm **Rebecca Folsom**
1-2pm **The Indulgents**
2:30-3:15pm **Paul Torrez as Elvis**
3:45-4:30pm **Kutandara**
5-6pm **Hey Lady!**
6:30-8pm **Chris Daniels & The Kings with Freddi Gowdy**



*The Nacho Men play
Friday, July 10*



Teen/Tween at the Amphitheatre

9am-4:30pm A variety of local dance & theatre groups
9:30am **Roger's River Run Awards**

Mojo Music Stage in the Discovery District

9am-5pm Be a part of the entertainment
- audience participation interspersed with Longmont IDOL performances

Shopping

9am-5pm **Art Zone** (local artists)
8am-6pm **World Market** (sustainable goods from around the world)

For Kids

9am-5pm **Discovery District & Conservation Carnival**
8am-6pm **Outdoor Adventure Land**
8am-noon **Kids Fishing Tank**

Zero Waste

Rhythm on the River has been a Zero Waste festival since it began in 1996. Compost or recycle at the many Zero-Waste stations around the festival.

Roger's River Run

3 mile fun run/walk, registration ends July 9, \$17 adults, \$15 youth/senior; late registrations accepted on space available basis with \$5 late fee. Race begins on Boston Avenue at 7:30am.

Proudly sponsored by First National Bank of Colorado.



August 15

Free Shred Event

Saturday, 9am-2pm at the Waste Diversion Center, 140 Martin St. Bring a copy of your current Longmont utility bill to be eligible for free entry to the event.

August 18

End of Summer Dog Swim!



Tuesday, 9am-12pm or 4-7pm at Roosevelt Activity Pool, 903 8th Ave. Bring your socialized dog for swimming and fun! Visit the multiple dog friendly vendors and see live demonstrations on basic commands, tips on dog interactions with children, and enter the Frisbee and Fetch competition. (Must bring a can of wet dog food to enter competition) \$3 per dog. Recreation passes are not valid.

August 18

Community Night at SSR

Tuesday, 5-8pm at Sandstone Ranch Visitors & Learning Center, 3001 E Hwy 119. **Featuring The Legendary Ladies**, 6:30-8pm

August 28

Festival on Main

Friday, 6-10 pm on Main Street. 15th Anniversary Quinceanera Celebration. Enjoy Downtown's annual celebration. Visit www.downtownlongmont.com

August 29

Coffee with Council

Saturday, 9-10 am at Red Frog Coffee House, 15 Ken Pratt Blvd. Call 303-651-8601.



The SCOPE (Supportive, Captivating, & Original Programs & Experiences) This Program encourages people of all abilities to participate in recreational programs and activities. The mission of SCOPE is to provide specialized support and recreational opportunities to people with disabilities. Our vision is to enrich lives and create experiences that are memorable, empowering, fun and safe for all participants.

SCOPE: Softball

Call 303-651-8394 if you aren't sure which team or league to sign up for. Please register before first game.

Softball For All

Beginning level program for athletes who need one on one assistance and/or instruction.

8 & up: Jun 1-Jul 20, Mon, 6-7pm 349115.A
Location: Clark Centennial Park, 1100 Lashley St
Fee: \$15 residents/\$18.75 non-resident

Unified Softball

For athletes who know the fundamentals of the game. Unified Softball League teams are comprised of athletes with developmental disabilities and non-disabled partners. All players (athletes & partners) must register. Games are played at 7pm and 8pm. All players will be contacted by coaches mid-May with team game schedule.

15 & up: Jun 1-Jul 20, Mon, 7-9pm 349115.U
Location: Clark Centennial Park, 1100 Lashley St
Fee: \$15 residents/\$18.75 non-resident

SCOPE: Bocce Ball

Come participate in this outdoor social game! This program offers instruction and training in the optional Special Olympics competition.

8 & up: Jun 16-Aug 11, Tues, 6-6:45pm 349117.A
Location: TBD
Fee: \$15 resident/18.75 non-resident

SCOPE: Bowling

Participants should have a basic knowledge of bowling because no instruction is given. Each bowler will be participating at his/her own pace. An additional fee of \$1.00 will be collected from each bowler per week for Centennial Lanes.

12 & up: Jun 4-Jul 30, Thurs, 3-4pm 349100.A
Location: Centennial Bowling, 110 E 9th Ave
Fee: \$15 resident/\$18.75 non-resident

SCOPE: Drumming

Introduction to drumming for students with special needs.

14 & up: Tuesday, 5:15-6:15pm
May 5-26 249400.C
Jun 9-30 349400.A
Jul 7-28 349400.B
Aug 4-25 349400.C
Fee: \$32 resident/\$40 non-resident
Instructor: Gregg Hansen
Location: Izaak Walton Clubhouse, 18 S Sunset



SCOPE: Summer Camp

This is a non-licensed recreation program for adults with special needs. Please note: SCOPE Camp is a summer recreation program, not day care. Registration documents due May 1.

18 & up: Jun 1 – Jul 24, Mon-Fri, 9am-4pm
Location: St Vrain Memorial Building, 700 Longs Peak Ave
Fee: \$1,185 resident/\$1,485 non-resident
Weekly Fee: \$150 per week resident/\$188 non-resident

SCOPE: Teen Camp

This 8 week Summer Camp for teens, age 13-17 years, with special needs is licensed through the State of Colorado. Please note: Teen Camp is a summer recreation program, not day care. Registration documents due May 1.

13 to 17 yrs: Jun 1 – Jul 24, Mon-Fri, 9am-4pm
Location: St Vrain Memorial Building, 700 Longs Peak Ave
Fee: \$1,185 resident/\$1,485 non-resident
Weekly Fee: \$150 per week resident/\$188 non-resident

Thank You Volunteers!

The SCOPE would like to thank the many special people who donate their time and talents to make difference in the lives of people with special needs! This program would not be possible without you. This Summer season, we'd especially like to recognize: Connie Johnson, Tom DeHerrera, Eric Christensen, Patty Chamberlain, all of the wonderful Softball for All volunteers, Ed & Trudy Navarro, Russ Ray, Kristy Meining & Meining Automotive, Lenny Steinman, Jim Keller, Manny Cano, Mark Powell & Powell Structure Moving, Suzie Germany & Germany Law, Dean Johnson, Al Wolden, Karen Epperson, Ben Keith, Jim Lucarelli, the wonderful staff at Centennial Lanes, and the parents, care providers, friends and family members who so kindly support our programs and activities! If you are interested in volunteering with the SCOPE, please call 303-651-8394.

More volunteer opportunities exist for adults, teen, and families.
Sign up online at www.LongmontColorado.gov/donate



Dance Dimensions

Dance Dimensions has a policy of allowing visitors to observe at the first and last class. Appropriate attire required for each class—available online or at registration. No satin ballet shoes from discount stores are allowed, as they do not fit properly. For tap classes, no Highlight or Dancetime shoes or discount store shoes will be allowed due to poor fit and soft metal residue. For further clarification, please call Dance Dimensions at 303-772-3750. 10% discount for second sibling enrolled in class.

Location: Dance Dimensions, 638 Main St

Youth Dance

Tiny Tutus

This class is a wonderful introductory dance experience for the very young student. Creative movement and basic technique will provide confidence, coordination, strength and fun! **NO Class: 07/03*



3 to 5 years: May 29-Jul 31, Fri, 9- 9:45am 344500.A
Fee: \$92 resident/\$115 non-resident

3 to 5 years: Jun 10-Jul 29, Wed, 9-9:45am 344500.B
Fee: \$82 resident/\$102.50 non-resident

Pre-Ballet & Tap

A fun class for the child whose feet are always moving. This class will introduce students to the basic techniques of tap and ballet, as well as rhythm and coordination. **NO Class: 07/03*

4 to 5 years: May 29-Jul 31, Fri, 9:45-10:30am 344503.A
Fee: \$92 resident/\$115 non-resident

4 to 5 years: Jun 10-Jul 29, Wed, 9:45-10:30am 344503.B
Fee: \$82 resident/\$102.50 non-resident

Pre-Ballet/Tumbling

A highly recommended, energetic class for the beginning of dance technique for the young student. Basic tumbling, ballet technique and creative movement will be the emphasis of this class. *NO Class: 07/03*

4 to 5 years: May 29-Jul 31, Fri, 10:30-11:15am 344506.A
Fee: \$92 resident/\$115 non-resident

Pee Wee Hip Hop

This class is the perfect one for those energetic young dancers who love to move. A fun and easy paced experience! Boys are especially welcome! **NO class: 07/03*

6 to 8 years: May 29-Jul 31, Fri, 10-10:45am 344600.A
Fee: \$92 resident/\$115 non-resident

Hip Hop

A fun class to learn the latest moves in hip hop. If you love to move, this is the class for you. Boys are especially welcome! **NO Class: 07/03*

9 to 12 years: May 29-Jul 31, Fri, 10:45-11:45am 344601.A
Fee: \$99 resident/\$123.75 non-resident

Beginning Pre-Jazz

A fun beginning class, dancing to upbeat music and learning the basics of jazz dance. Basic steps and the foundation of jazz technique and placement will be taught. **NO Class: 07/03*



6 to 8 years: May 29-Jul 31, Fri, 11:30am-12:15pm 344616.A
Fee: \$92 resident/\$115 non-resident

Beginning Tap

A fun class to develop rhythm and coordination. This class will teach basic tap technique and rhythm. **NO Class: 07/04*

6 to 8 years: Jun 20-Jul 25, Sat, 9:15-10am 344615.A
9 to 12 years: Jun 20-Jul 25, Sat, 10-11am 344615.B
Fee: \$69 resident/\$86.25 non-resident

Dance Camps at Dance Dimensions

Cheer & Pom Camp

Each day will include cheer/pom technique, crafts, hip hop/jazz, and choreography. A performance for family and friends on the final day at 10:30 am.

6 to 11 years: Jun 16&17, Tue,&Wed, 9-11am 344630.A
Fee: \$72 resident/\$90 non-resident

Frozen Dance Camp

A fun-filled camp for boys and girls! Come and reconnect with your favorite characters from the delightful movie "Frozen". Enjoy time for ballet, crafts, story time, freeze dance, creative movement and choreography. Performance for family and friends at 11:30 on July 9. T-shirt included with each registration.

4 to 6 years: Jul 7&9, Tue&Thurs, 10am-12pm 344508.A
Fee: \$72 resident/\$90 non-resident

Magical Princess Dance Camp

Four of the favorite Disney Princesses will be introduced in this fun-filled four day camp. Each day will include a ballet, crafts, story time or watching a movie, freeze dance, creative movement and choreography. Princes are welcome! Please call 303-772-3750 to let Dance Dimensions know, so they can organize some Princely crafts and choreography for them. Performance for family and friends at 11:30 on June 25. Bonus t-shirt is included for youth who enroll in all four dates.

4 to 6 years: Jun 16-25, Tue&Thurs, 10am-12pm 344503.A
Fee: \$98 resident/\$122.50 non-resident

Cinderella Camp	Jun 16	344504.A1
Little Mermaid Camp	Jun 18	344505.A2
Rapunzel Camp	Jun 23	344506.A3
Snow White Camp	Jun 25	344507.A4
Per Date Fee: \$40 resident/\$50 non-resident		

Longmont Dance Theatre Academy Classes

Appropriate apparel must be worn to every class—requirements available online and on registration receipt. Questions, please call Longmont Dance Theatre Academy, 303-772-1335.

Location: Longmont Dance Theatre Academy,
1422 Nelson Rd

Tutu Terrific & Timestep Tappers

The joy and physical benefit of a dance class is fostered during this combination Ballet and Tap class. Imagination and story-telling through dance is emphasized using guided, creative and age-appropriate movement.



3 to 5 years: Jun 2-23, Tue, 4:30-5:30pm 344510.06
Jun 30-Jul 21, Tue, 4:30-5:30pm 344510.07
Fee: \$53 resident/\$66.25 non-resident

Ballet Dance Class

Transform your body into an instrument of classical movement from head to toe! The emphasis in the beginning level of study is on posture and the fundamentals of ballet training.

6 to 8 years: Tue, 5:30-6:30pm
Dates: Jun 2-23 344612.6A
Jun 30-Jul 21 344612.7A

6 to 8 years: Thurs, 5:30-6:30pm
Dates: Jun 4-25 344612.6B
Jul 2-23 344612.7B

Fee: \$53 resident/\$66.25 non-resident

Aerial Dance Class

This basic aerial technique class combines aerial, visual and circus arts with theater and dance for an exhilarating experience. Climbs, foot-wraps, knee-hooks and inversions will condition, challenge and engage every muscle in your body.

6 to 10 years: Jun 3-24, Wed, 4:30-5:30pm 344614.06
Jul 1-22, Wed, 4:30-5:30pm 344614.07
Fee: \$53 resident/\$66.25 non-resident

Adult Dance

East Coast Swing & Jive

East Coast Swing /Jive can be done to a wide variety of music including: Country, Rhythm and Blues and popular music. Learn basic steps and variations, as well as some steps that will get you noticed on the dance floor. No experience necessary.

16 & up: Apr 17-May 15, Fri, 8-9pm 244710.A
Instructor: Casablanca Dance Studio
Location: St Vrain Memorial Building, 700 Longs Peak Ave
Fee: \$45 resident/\$56.25 non-resident

Country Dancing

Get ready for the Country dance floor! We'll be learning all the basics for Texas Two-Step and Triple Step. In addition, we'll be learning some couples dances like the Cowboy Cha Cha and Waltz Across Texas, so grab your boots and come join us.

16 & up: Apr 17-May 15, Fri, 7-8pm 244715.A
Instructor: Casablanca Dance Studio
Location: St Vrain Memorial Building, 700 Longs Peak Ave
Fee: \$45 resident/\$56.25 non-resident

Wedding Dance Workshop

Are you getting ready for an upcoming wedding or cruise? Learn the basics of the elegant Waltz and the smooth Foxtrot—two of the most popular wedding dances. If you have a song to dance to, please bring it to class on a CD. No experience necessary. Fee is per person.

16 & up: May 22-29, Fri, 7-9pm 244731.B
Instructor: Casablanca Dance Studio
Location: St Vrain Memorial Building, 700 Longs Peak Ave
Fee: \$40 resident/\$50 non-resident

Beginning Latin Dance

If you're looking for a way to spice up your relationship, come experience the rhythms and culture of Latin America in this class. You will be learning the up beat Merengue, lively Cha Cha and the romantic Rumba. This is a fun class that is a great workout as well. Fee is per person.

16 & up: Jun 5-Jul 3, Fri, 8-9pm 344705.A
Instructor: Casablanca Dance Studio
Location: St Vrain Memorial Building, 700 Longs Peak Ave
Fee: \$45 resident/\$56.25 non-resident

Jitterbug Swing

Jitterbug Swing is a great upbeat dance which has a nice Be-Bop movement. This is done to a moderate tempo, so the smoke isn't coming from your soles. We will show the lead and follow to make this fun for everyone. Get your best two-toned shoes on and come dance! Fee is per person.

16 & up: Jun 5-Jul 3, Fri, 7-8pm 344720.A
Instructor: Casablanca Dance Studio
Location: St Vrain Memorial Building, 700 Longs Peak Ave
Fee: \$45 resident/\$56.25 non-resident

Ballet for Adults & Teens

Transform your body into an instrument of classical movement from head to toe! The emphasis in the beginning level of study is on posture and the fundamentals of ballet training. This adult class is designed to get you moving while also developing gracefulness and poise through movement.



14 & up: Jun 2-23, Tue, 6:30-8pm 344760.06
Jun 30-Jul 21, Tue, 6:30-8pm 344760.07
Location: Longmont Dance Theatre Academy,
1422 Nelson Rd
Fee: \$60 resident/\$75 non-resident

Ballroom for Couples

Come learn the fundamentals of ballroom dance while having fun with your partner (you will dance with the partner you come with—no partner rotation). Learn basic lead and follow techniques and fundamental body mechanics in four dances.

14 & up: Apr 22-May 20, Wed, 7-8pm 244700.B
Jun 3-Jul 1, Wed, 7-8pm 344700.06
Jul 8-Aug 5, Wed, 7-8pm 344700.07
Instructor: Christian Thierens
Location: St Vrain Memorial Building, 700 Longs Peak Ave
Fee: \$120 resident/\$150 non-resident

Jiggy Baby New!

Time for music, time for fun! Get ready to move, sing and play! This parent and child class provides powerful child development through music, movement and instrument play. Connect with other parents and come home with great bonding and nurturing activities for you and your little one. This is a parent/child class.



6mo to 2 yrs: Jun 11-Jul 2, Thurs, 9-9:45am 345352.06
 Jul 23-Aug 13, Thurs, 9-9:45am 345352.07
 Instructor: Shanaine Hendrix
 Location: Longmont Recreation Center, 310 Quail Rd
 Fee: \$37 resident/\$46.25 non-resident

Music Go Round

Time for music, time for fun! Get ready to move, sing and play! This parent and child class provides powerful child development through music, movement and instrument play. Connect with other parents and come home with great bonding and nurturing activities for you and your little one. This is a parent/child class.

2 to 3 years: Jun 11-Jul 2, Thurs, 10-10:45am 345351.06
 Jun 11-Jul 2, Thurs, 11-11:45am 345351.6A
 Jul 23-Aug 13, Thurs, 10-10:45am 345351.07
 Jul 23-Aug 1, Thurs, 11-11:45am 345351.7A
 Instructor: Shanaine Hendrix
 Location: Longmont Recreation Center, 310 Quail Rd
 Fee: \$37 resident/\$46.25 non-resident

Build It! Using LEGO

During each class we will choose a different theme to explore and create. Themes include Airport, Carnival, Castle, City, Desert, Forest, Grassland, Harbor, Home, Jungle, Old West, School, Space Port, Town, Train Station, and Zoo. We will also design theme elements such as building: airplanes, animals, boats, carriages, cars, bridges, and more.



3 to 5 years: Jun 29-Jul 2, Mon-Thurs
 Times: 9-10:30am 346188.06
 10:45am-12:15pm 346188.6A
 Instructor: TEKnologies Play-Well
 Location: St Vrain Mem Bldg, 700 Longs Peak Ave
 Fee: \$86 resident/\$107.50 non-resident

Pre-tastic! Fun

1 hour of FUN activities for the 4 and 5 year old. Crafts, games, play and a hodgepodge of other fun activities will be offered. Each day will be different. Intended for parents to get a quick break but feel free to stay if you desire. Please leave time to park (if there are not any spaces out front you can always park in the lot across from the library).

4 to 5 years: Wed, 9:30-10:30am
 Dates: Jun 10 345605.6A
 Jun 17 345605.6B
 Jul 15 345605.7B
 Jul 29 345605.7C
 Aug 5 345605.8A
 Instructor: Recreation Staff
 Location: 4th Ave Annex, 519 4th Ave
 Fee: \$10 resident/\$12.50 non-resident

**Mommy (or Daddy) & Me - Intro to Horse**

Young children learn about horses with a parent (or guardian). Includes safety discussion, hands-on time learning to brush and interact with the gentle horses, and riding. Each child has a turn to ride with their parent leading their horses on a lead line. Important Safety Rules: No younger siblings in strollers or worn in carriers. Parent must remain with child and be very hands on at all times.

2½ to 4 yrs: May 16, Sat, 4-5:30pm 245901.S
 Aug 29, Sat, 4-5:30pm 345901.S
 Location: Sun Pony Ranch, 18490 County Rd 1
 Fee: \$45 resident/\$54 non-resident

Preschool Spanish

In this interactive class kids have fun while learning and getting exposed to the Spanish language. Let's have fun through games, songs, instruments, storytelling all in Spanish. *NO Class: 08/14

3 to 5 years:
 Dates: Jun 5-26, Fri, 9-9:45am 345350.06
 Jul 10-31, Fri, 9-9:45am 345350.07
 Fee: \$35 resident/\$43.75 non-resident
 Dates: Aug 7-28, Fri, 9-9:45am 345350.08
 Fee: \$26.25 resident/\$33 non-resident

Instructor: Ana Guttridge
 Location: St Vrain Mem Bldg, 700 Longs Peak Av

Parent-Child Climbing Class

This class introduces very young children to the world of rock climbing! Children learn to trust the climbing system as well as basic climbing techniques. Parents learn about safety and encouraging their young climbers. (NOTE: This is NOT a technique course for adults.) *No class 7/4 or 7/5.



3 to 5 years with Adult:
 Apr 18-May 16, Sat, 10-11am 217345.S1
 Jun 6-Jul 11*, Sat, 10-11am 317345.S1
 Jun 7-Jul 12*, Sun, 10-11am 317345.U1
 Jul 25-Aug 22, Sat, 10-11am 317345.S2
 Jul 26-Aug 23, Sun, 10-11am 317345.U2
 Location: Longmont Recreation Center, 310 Quail Rd
 Fee: \$50 resident/\$62.50 non-resident

Superstar Gymnastics

Superstar Gymnastics knows all kids are SUPERSTARS who love to learn and be fit while they:

- Learn gymnastics skills
- Develop coordination and flexibility
- Develop strength and skills to enhance other sports
- Learn to play rhythmic instruments
- Enjoy a new themed lesson plan each week
- Gain self-esteem & confidence

For kids 1-6 years, each class is 35 minutes. One child per adult in the parent/child classes. All classes held at the St Vrain Memorial Building, 700 Longs Peak Ave.



Superstar Tot 1

Spend quality time with your walking little one as they improve spatial awareness, coordination, gross motor and social skills. Explore the trampoline, balance beam, bars, fun obstacle courses, parachute games, music and much more!

Superstar Tot 2

Enjoy one-on-one time with your child while they learn basic tumbling skills on the mats, trampoline, bars, beam and vaulting board. We will be improving coordination, strength, and flexibility thru parachute games, obstacle courses, rhythmic streamers, music and more!

Superstar 3 & 4

Develop basic gymnastics skills while having fun. Hop, run and trot through the obstacles course. Trampoline, balance beam, bars, vaulting and mat work will increase body awareness, coordination and strength. Children will use rhythmic streamers, hoops, bean bags, parachute and music in this fun class. For kids 3 - 4 years old.

Superstar 5 & 6

Beginning gymnastics skills are taught while developing strength, balance and flexibility. Fundamental skills will be taught on bars, balance beam, trampoline, vaulting board and mats. Fun props and music are used in this fast paced and fun filled class. Ages 5 & 6 year old.

Advanced 3 & 4; Advanced 5 & 6 :

Advanced classes by permission only, not available to register online.

		June	July	August**
Mondays	Times	\$30/\$38	\$30/\$38	\$30/\$38
Superstar Tot 1 & Tot 2	4:45-5:20 pm	345161.06	345161.07	345161.08
Superstar 5/6	5:30-6:05 pm	345180.06	345180.07	345180.08
Superstar 3/4	6:15-6:50 pm	345171.06	345171.07	345171.08
Wednesdays	Times	\$30/\$38	\$30/\$38	\$30/\$38
Superstar Tot 1 & 2	4:45-5:20 pm	345188.06	345188.07	345188.08
Superstar ADV 5/6*	5:30-6:05 pm	345173.06	345173.07	345173.08
Superstar 3/4	6:15-6:50pm	345164.06	345164.07	345164.08
Thursdays	Times	\$30/\$38	\$30/\$38	\$30/\$38
Superstar ADV 3/4*	4:45-5:20 pm	345177.06	345177.07	345177.08
Superstar 3/4	5:30-6:05 pm	345174.06	345174.07	345174.08
Superstar 5/6	6:15-6:50 pm	345182.06	345182.07	345182.08

*Advanced Classes by permission only, must register in person/phone

** No class week of Aug 10

Register online today!
LongmontColorado.gov/rec
 or call 303-651-8404

Small Wonders Preschool

Small Wonders Preschool Small Wonders is licensed with the State of Colorado. Our program is designed to offer a variety of developmentally appropriate activities that help each child develop to his/ her fullest... socially, emotionally, physically, creatively and cognitively. Classes follow the St Vrain School District calendar for holidays and school breaks. May's 2016 tuition is collected at the time of registration; 50% is refundable prior to Aug 1, 100% non-refundable after Aug 1.



Fun Time Escape

Age: 3 years old by Sept 30, 2015
 Dates: Aug 31, 2015, to May 19, 2016
 Time: 9-11:30am
 Days: Monday & Wednesday, or Tuesday & Thursday
 Fee: \$121/month res & \$151.25/month non-res
 Location: St Vrain Memorial Building, 700 Longs Peak Ave

Little Learners

Age: 4 years old by Sept 30, 2015
 Dates: Aug 31, 2015, to May 20, 2016
 Time: 12:15-2:45pm
 Days/Fees: Tue/Thurs option: \$121/month res/\$151.25 non-res
 Mon/Wed/Fri option: \$170.50/month res/\$213 non-res
 Location: St Vrain Memorial Building, 700 Longs Peak Ave

Sandstone Ranch Visitors & Learning Center

Enjoy these classes in the historic Sandstone Ranch Visitors & Learning Center! Parking is available in the upper lot, so please allow time to park and travel down the path to the building. Handicap parking is available at the building entrance. Location: SSR Visitors & Learning Center, 3001 E Hwy 119

Sandstone Friday Fun

Easy, breezy, summer fun. Bring the kids and come have a relaxing morning with friends while crafting, playing with toys, walking the trail or taking part in one of the activities provided for the day. *NO Class: 07/03



All Ages: Jun 5-Jul 31, Fri, 10am-12pm
Location: SSR Visitors & Learning Center, 3001 E Hwy 119
Fee: Free - \$2 suggested donation

Sandstone Nature Ranger

Each action filled day will focus on the skills and knowledge to fulfill a Junior Ranger Badge and become a Sandstone Ranch Steward. FUN is the focus, learning and leadership are the result! A ceremony will be held for those completing 4 or more classes.

6 to 9 years:		Badge Focus
Jun 9, Tue, 9:30-11:30am	305941.06	Hoot and Holler
Jun 30, Tue, 9:30-11:30am	305941.6A	River Rock Badge
Jul 14, Tue, 9:30-11:30am	305941.07	Blue Grama Badge
Jul 21, Tue, 9:30-11:30am	305941.7A	Fox Trot Badge
Jul 28, Tue, 9:30-11:30am	305941.7B	River Rock Badge
Aug 11, Tue, 9:30-11:30am	305941.08	Pioneer Badge
Fee:	\$35 resident/\$43.75 non-resident	

Pioneer for a Day

Ever wonder how those first settlers came to Colorado? What was it like when they go here? Campers are introduced to daily life in Colorado 150 years ago: woodworking, candle making, sewing, hearth cooking and more. Bring sunscreen, a water bottle and snack. We will be outdoors.

5 to 12 yrs:	Jun 15-19, Mon-Fri, 9am-12pm	306904.06
	Jul 13-17, Mon-Fri, 9am-12pm	306904.07
Instructor:	Thinking Cap	
Location:	SSR E-2 Large Shelter	
Fee:	\$100 resident/\$125 non-resident	

Girls Through History

Travel through history with the American Girl books and characters. Each class is packed full of period crafts, food, music and games. Bring your doll if she is looking for adventure!

6 to 10 years:		Featured Doll
Jun 11, Thurs, 1-3pm	346458.06	Felicity 1774
Jun 18, Thurs, 1-3pm	346458.6A	Molly 1944
Jul 2, Thurs, 1-3pm	346458.6C	Kit 1934
Jul 23, Thurs, 1-3pm	346458.07	Kayla 1764
Jul 30, Thurs, 1-3pm	346458.7A	Josephina 1824
Aug 6, Thurs, 1-3pm	346458.08	Kirsten 1854
Aug 13, Thurs, 1-3pm	346458.8A	Addy 1864
Instructor:	Shanaine Hendrix	
Fee:	\$20 resident/\$25 non-resident	

ART Together!

Make Art Together in this "Mommy and Me" Art Class. Classes will focus on different aspects of art including simple drawing, paints, clay exploration, pastels and more. We will also play games and explore the world around us.

3½ to 5 yrs:	Jun 8, Mon, 9-11:30am	306902.06
	Jun 22, Mon, 9-11:30am	306902.6A
	Jul 6, Mon, 9-11:30am	306902.07
	Jul 20, Mon, 9-11:30am	306902.7A

Instructor: Thinking Cap
Location: SSR Visitors & Learning Center, 3001 E Hwy 119
Fee: \$16 resident/\$20 non-resident

Preschool Science Adventures

"A Parent and Me" class. Kitchen Science lab from Botany to Physics, we will experiment and hypothesize our way through the week. Learn about chemical reactions and color changing potions. Sure to please both adult and child!

4 to 5 years:	Jun 23-25, Tue-Thurs, 9-11am	306905.06
	Jul 7-9, Tue-Thurs, 9-11am	306905.07

Instructor: Thinking Cap
Location: SSR Visitors & Learning Center, 3001 E Hwy 119
Fee: \$30 resident/\$37.50 non-resident

Challenge Island: Time Machine Island

Travel back and forth through time and take on associated challenges at each destination - from creating ancient Egyptian pyramids, California Gold Rush runaway mine trains to groovy 70's pinball machines.



6 to 12 years:	Jun 22-25, Mon-Thurs, 1-4pm	346540.06
Fee:	\$120 resident/\$170 non-resident	

Challenge Island: Rainforest Island

This action packed island, set in the Amazon rain forest, will offer a whole new jungle of challenges for adventurous tribes to tackle. Destinations include Jaguar's Claw, Anaconda Squeeze, Monkey Swings, and Tree Frog Jump. Focus is on social studies, ecosystems, and life sciences.

6 to 12 yrs:	Aug 4-6, Tue-Thurs, 9am-12pm	346540.08
Fee:	\$90 resident/\$112.50 non-resident	
Instructor:	Challenge Island	

Chillaxed Kids Camp

Chillaxed Kids is moving out to the great outdoors! This summer, come chill out, relax and have fun in nature. Experience the wonder of nature with yoga, meditation and other relaxation strategies at Longmont's Sandstone Ranch!

5 to 10 yrs:	Mon, 9:30-11:30am	
Dates:	Jun 11	346260.06 (Thursday)
	Jun 29	346260.6A
	Jul 13	346260.7A
	Aug 3	346260.08

Instructor: Karyn Sullivan
Fee: \$20 resident/\$25 non-resident

Mine, Craft, Build: Adventure and Survival Game

Bring Minecraft to life using LEGO! Resourcefulness, creativity, and cooperation come together in this unique building adventure game; roll the dice to mine for resources, craft tools, and watch out for Creepers!



5 to 6 yrs: Jul 27-31, Mon-Fri, 9am-12pm 346187.07
 7 to 12 yrs: Jul 27-31, Mon-Fri, 1-4pm 346187.7A
 Instructor: Play-Well TEKnologies
 Location: St Vrain Memorial Building, 700 Longs Peak Ave
 Fee: \$167 resident/\$208.75 non-resident



Super Hero Engineering

Have you ever wanted to learn how to make a massive motorized LEGO machine? Instructors guide students in this advanced Play-Well engineering camp, as they re-engineer standard LEGO vehicles into mechanized machines that can traverse challenging obstacles, battle against fellow bots, and take on Play-Well Instructors' colossal creations.

5 to 6 yrs: Aug 10-14, Mon-Fri, 9am-12pm 346194.08
 Instructor: Play-Well TEKnologies
 Location: 4th Ave Annex, 519 4th Ave
 Fee: \$167 resident/\$208.75 non-resident

Register online today!
LongmontColorado.gov/rec
 or call 303-651-8404

Pre-Engineering LEGO

Let your imagination run wild with tens of thousands of LEGOS®! Build engineer-designed projects such as boats, bridges, mazes and motorized cars, and use special pieces to create your own unique design!. This is an ideal way to prepare young builders for the challenge of Engineering FUNDamentals.



5 to 6 yrs: Jun 1-5, Mon-Fri, 9am-12pm 346192.06
 Instructor: Play-Well TEKnologies
 Location: St Vrain Memorial Building, 700 Longs Peak Ave
 Fee: \$167 resident/\$208.75 non-resident

Engineering FUN

Power up your engineering skills with Play-Well TEKnologies and tens of thousands of LEGO®! Apply real-world concepts in physics, engineering, and architecture through engineer-designed projects such as arch bridges, skyscrapers, motorized cars, and the Battltrack! An experienced instructor will challenge new and returning students to engineer at the next level.

7 to 12 yrs: Jun 1- 5, Mon-Fri, 1-4pm 346195.06
 Instructor: Play-Well TEKnologies
 Location: St Vrain Memorial Building, 700 Longs Peak Ave
 Fee: \$167 resident/\$208.75 non-resident

Robo WeDo

Build and program robots in this introductory Robotics class using the LEGO® WeDo system. Learn basic programming skills, simple engineering concepts, and the names of robot components. Work in small groups to complete several projects using tilt and motion sensors.

7 to 8 yrs: Jun 22-26, Mon-Fri, 9am-12pm 346189.06
 Instructor: Play-Well TEKnologies
 Location: St Vrain Memorial Building, 700 Longs Peak Ave
 Fee: \$215 resident/\$268.75 non-resident

Robotics using LEGOs EV3

Build and program robots using the new LEGO® Mindstorms EV3 system! Learn about mechanical and software design, loops, conditional statements, problem solving, and teamwork skills. Control the robot to avoid obstacles, pick up and carry objects, and play sounds. Students work in an open-ended, investigative environment.

9 to 13 yrs: Jun 22-26, Mon-Fri, 1-4pm 346190.06
 Instructor: Play-Well TEKnologies
 Location: St Vrain Memorial Building, 700 Longs Peak Ave
 Fee: \$215 resident/\$268.75 non-resident

Construction Vehicle

Dig into engineering with big trucks, construction vehicles and super machines. Explore the engineering terms, concepts, and vocabulary behind large scale building machines. Build and learn about steamrollers, bulldozers, wrecking balls, tower cranes, and more while building with your favorite building system, LEGO®.



5 to 6 yrs: Jul 13-17, Mon-Fri, 9am-12pm 346191.07
 Instructor: Play-Well TEKnologies
 Location: St Vrain Memorial Building, 700 Longs Peak Ave
 Fee: \$167 resident/\$208.75 non-resident

Engineering Challenge

Create a massive machine in the style of a Rube-Goldberg invention. Learn how to build a variety of motorized devices such as an air compressor, scissor lift invention, and a marble moving crankshaft in this advanced engineering camp. Collaborate in small groups to accomplish large-scale missions!

7 to 12 yrs: Jul 13-17, Mon-Fri, 1-4pm 346186.07
 Instructor: Play-Well TEKnologies
 Location: St Vrain Memorial Building, 700 Longs Peak Ave
 Fee: \$167 resident/\$208.75 non-resident



Bashem Bots with LEGOS

Have you ever wanted to learn how to make a massive motorized machine? Our Play-Well Engineering Instructors guide students in this advanced engineering camp, as they re-engineer standard vehicles into mechanized machines that can traverse challenging obstacles, battle against fellow bots, and take on colossal creations.

7 to 12 yrs: Aug 10-14, Mon-Fri, 1-4pm 346193.08
 Instructor: Play-Well TEKologies
 Location: 4th Ave Annex, 519 4th Ave
 Fee: \$167 resident/\$208.75 non-resident

Science in Motion

Become a biologist, ornithologist and entomologist. Where do owls live and what do they eat? How do some bugs walk on water? Explore the process of producing images of objects on sensitized surfaces. Learn how Orville and Wilbur Wright worked together to develop the first self-controlled motorized flying machine.

6 to 12 yrs: Jun 15-19
 Half Day: Mon-Fri, 9am-12pm 346196.06
 Fee: \$199 resident/\$249 non-resident
 Full Day: Mon-Fri, 9am- 4pm 346196.6A
 Fee: \$289 resident/\$361 non-resident
 Instructor: Mad Science of Denver
 Location: St Vrain Memorial Building, 700 Longs Peak Ave

Super Slueth Academy

James Bond? MacGyver? Austin Powers? Do you think you have what it takes to discover "who done it"? Secret communications and detective crime science, the inner workings of security systems, forensics, secret messages and even mysteries to solve are part of this exciting week.

6 to 12 yrs: July 6-10
 Half Day: Mon-Fri, 9am-12pm 346197.07
 Fee: \$199 resident/\$249 non-resident
 Full Day: Mon-Fri, 9am- 4pm 346197.7A
 Fee: \$289 resident/\$361 non-resident
 Instructor: Mad Science of Denver
 Location: St Vrain Memorial Building, 700 Longs Peak Ave

Rocket Blast!

Rocket Blast is SpaceTime's Best Of rockets and space mission program. It combines the most popular elements of our three other rocket science programs into one hands-on, fun-packed rocket building and launching workshop and includes lots of all new elements for hours of serious rocket excitement.

5 to 12 yrs: Jun 8-12
 Full Day: Mon-Fri, 9am- 4pm 346550.6A
 Fee: \$200 resident/\$250 non-resident
 Half Day: Mon-Fri, 9am-12pm 346550.06
 Fee: \$130 resident/\$162 non-resident
 Instructor: Space Time Kids Inc
 Location: St Vrain Memorial Building, 700 Longs Peak Ave

Mission Mars

Go on a virtual space mission to the Red Planet exploring the challenges of a 6-month rocket ride through space. Once at Mars test your piloting to bring down the Space Time Mars Landers on the surface of Mars and figure out how to survive on the Red Planet for a full year while waiting for the planets to line up and the trip back to Earth.

5 to 12 yrs: Aug 3- 7
 Half Day: Mon-Fri, 9am-12pm 346551.08
 Fee: \$130 resident/\$162 non-resident
 Full Day: Mon-Fri, 9am- 4pm 346551.8A
 Fee: \$200 resident/\$250 non-resident
 Instructor: Space Time Kids Inc
 Location: St Vrain Memorial Building, 700 Longs Peak Ave

Interstellar Adventure

This adventure takes kids on a journey beyond our Solar System to explore the mysteries of deep space. Explore the challenges of a deep space journey including traveling at near the speed of light, piloting a nuclear powered spacecraft, shortcuts through wormholes and much more.

5 to 12 yrs: Jun 20, Sat, 10am-12pm 346554.06
 Instructor: Space Time Kids Inc
 Location: St Vrain Memorial Building, 700 Longs Peak
 Fee: \$22 resident/\$27.50 non-resident

Space Time: Black Hole

Manning their own flight console kids will take a fascinating ride through some of the theories surrounding these light swallowing oddities of the universe and participate in activities such as launching their own Black Hole Blasters, taking the Wormhole Challenge, testing out "extreme gravity" and more.

5 to 12 yrs: Jul 25, Sat, 10am-12pm 346555.07
 Instructor: Space Time Kids Inc
 Location: St Vrain Memorial Building, 700 Longs Peak
 Fee: \$22 resident/\$27.50 non-resident

Cooking with Ollin Farms

This is a hands-on class, kids have fun learning, experimenting and cooking with seasonal local vegetables grown at Ollin Farms. Kids will learn the importance of having 5 colors on your plate. Let's have fun with veggies!



5 to 9 yrs: Jun 12, Fri, 11:15am-12:15pm 346176.6A
 Jun 26, Fri, 11:15am-12:15pm 346176.6B
 Jul 10, Fri, 11:15am-12:15pm 346176.7A
 Jul 24, Fri, 11:15am-12:15pm 346176.7B
 Instructor: Ana Guttridge
 Location: Izaak Walton Clubhouse, 18 S Sunset
 Fee: \$15 resident/\$18.75 non-resident

Guitar for Teens

Bring your acoustic guitar and get ready to play. This class is geared towards the absolute beginner and will start with the basics. We will learn how to tune the guitar, play basic chords, and accompaniment patterns in a fun, relaxed group setting. \$10 materials fee payable to the instructor due first class. Students must bring their own acoustic guitar.

12 to 17 yrs: Jun 11-Jul 16, Thurs, 1-2pm 346300.A
 Instructor: Mike Tolle
 Location: 4th Ave Annex, 519 4th Ave
 Fee: \$48 resident/\$60 non-resident

Creative Edge Drawing

Learn to draw what you see! New? Pick any class. Have experience? Build on skills learned in previous classes. After class practice assignments will be given. Materials Fee \$15 charged for first class only. Includes: 8 piece drawing kit, sketchbook and The Creative Edge Drawing for Life Skills booklet.



Instructor: The Creative Edge
Location: 4th Ave Annex, 519 4th Ave
Fee: \$35 resident/\$43.75 non-resident

Beginning Drawing 1

Sketching & observation skills are taught with emphasis on shapes, forms, dimension, sighting - and building confidence and enjoyment of drawing.

8 to 10 yrs: Jun 9, Tue, 9am-10:30am	346365.06
Jul 7, Tue, 9am-10:30am	346365.07
11 to 15 yrs: Jun 9, Tue, 11am-12:30pm	346365.6A
Jul 7, Tue, 11am-12:30pm	346365.7A

Beginning Drawing 2

Sketching & observation skills, composition, negative/positive space, filling background techniques, overlapping objects and beginning perspective.

8 to 10 yrs: Jun 16, Tue, 9-10:30am	346366.06
Jul 14, Tue, 9-10:30am	346366.07
11 to 15 yrs: Jun 16, Tue, 11am-12:30pm	346366.6A
Jul 14, Tue, 11am-12:30pm	346366.7A

Performing Arts with Jesters Theatre

For serious and recreational actors, brand new or experienced at acting.

Location: Jester's Theatre, 224 Main St



Royal Troubadours -Musicals

This class is great for the beginner and the experienced actor. Student must be able to attend all performances to enroll in the class. Performances for each three week session are the evening of the final Wednesday and the morning of the final Friday. For show descriptions, go to www.jesterstheatre.com

Must be able to attend all performances to enroll in the class. Performances are the evening of the final Wednesday and the morning of the final Friday. For show descriptions, go to www.jesterstheatre.com

5 to 19 yrs: Mon/Wed/Fri, 9:30am-12pm	
Honk: Jun 1-19	346380.6A
Pocahontas: Jun 22-Jul 10	346380.6B
Peter Pan: Jul 13-31	346380.07
Fee:	\$250 resident/\$312.50 non-resident



Beginning Drawing 3

Drawing nature and building outdoor scenes that have form and dimension. Learn to observe fully using a viewfinder, sighting for accuracy and composition, beginning perspective.

8 to 10 yrs: Jun 23, Tue, 9-10:30am	346368.06
Jul 21, Tue, 9-10:30am	346368.07
11 to 15 yrs: Jun 23, Tue, 11am-12:30pm	346368.6A
Jul 21, Tue, 11am-12:30pm	346368.7A

Beginning Drawing 4

Draw cats, dogs, birds, animal faces and body types and textures. Gesture sketching for rapidly capturing an image will be taught.

8 to 10 yrs: Jun 30, Tue, 9-10:30am	346372.06
Jul 28, Tue, 9-10:30am	346372.07
11 to 15 yrs: Jun 30, Tue, 11am-12:30pm	346372.6A
Jul 28, Tue, 11am-12:30pm	346372.7A

Royal Trouveres Play

This class is great for the beginner and the experienced actor. Must be able to attend all performances to enroll in the class. Performances for each three week session are the morning and evening of the final Thursday. For show descriptions, go to www.jesterstheatre.com.



5 to 19 yrs: Tue/Thurs, 9am-12pm	
Beauty and the Beast: Jun 9-25	346381.6A
Robin Hood: Jun 30-Jul 16	346381.6B
The Lion, the Witch & the Wardrobe: Jul 21-Aug 6	346381.07
Fee:	\$200 resident/\$250 non-resident

Royal Rousers Theatre Classes

Nothing but theatre games and improvisation. A terrific way to initiate children to the stage!

4 to 10 yrs: Jun 13-Jul 18, Sat, 11am-12pm	346350.06
Fee:	\$65 resident/\$81 non-resident

Crown's Characters Acting Workshop

This class emphasizes acting technique, focusing on spontaneity, creativity, improvisation, and honesty. A liberating class-sure to free the actor within.

10 to 17 yrs: Jun 16-Jul 21, Tue, 5-6pm	346359.6A
Fee:	\$65 resident/\$81 non-resident

Crackpots Glass and Clay Camp

Delve deeper into the worlds of clay and glass fusing. Each day we'll expand our knowledge of tools and techniques and let our imaginations run wild! Kids will have a blast and amaze everyone with the masterpieces they create in this course. \$65 materials fee due at beginning of first class.

7 to 14 yrs: Jun 15-19, Mon-Fri, 9-11am 346401.06
Jul 20-24, Mon-Fri, 9-11am 346401.07
Location: Crackpots Studios, 505 Main St
Fee: \$55 resident/\$68.75 non-resident
+ \$65 materials fee

Crackpots Do the Dishes Camp

100% practical. 100% fun. Our all-time favorite camp. Kids create a unique ceramic place setting! Included in each set is a dinner plate, salad plate, soup/cereal bowl, mug, and ice cream bowl. Your dazzling dishes will be the talk of the table for years.

7 to 14 yrs: Mon-Fri, 9-10:30am
Jun 29-Jul 3 346412.06
Aug 3-7 346412.08
Location: Crackpots Studios, 505 Main St
Fee: \$40 resident/\$50 non-resident + \$55 materials fee

Crackpots Creativity

We'll keep kids on their toes with a fun-filled week of clay hand-building, glass fusing, mosaics, ceramic painting, and more! Our projects each week will be guided by a theme so each week will result in a different set of masterpieces. \$65 dollar materials fee due at beginning of first class.

7 to 14 yrs: Mon-Fri, 9-11am
Animal Kingdom: Jun 1-5 346414.06
Meet the Masters: Jun 8-12 346410.06
Around the World: Jun 22-26 346411.06
Under the Sea: Jul 6-10 346413.07
Meet the Masters: Jul 13-17 346410.07
Around the World: Jul 27-31 346411.07
Location: Crackpots Studios, 505 Main St
Fee: \$55 resident/\$68.75 non-resident
+ \$65 materials fee

Crochet for Kids

Kids will learn how to crochet with fun and easy projects like lanyards, bookmarks or wrist bands. \$10 materials fee payable to instructor in class.

8 to 13 yrs: Aug 4, Tue, 6-8pm 346480.08
Instructor: Debby Telfer
Location: St Vrain Memorial Building, 700 Longs Peak Ave
Fee: \$15 resident/\$18.75 non-resident

Wild About Fiber Youth Camps at the Longmont Yarn Shoppe!

Fees include all materials & a camp T-Shirt. Bring a sack lunch and a water bottle.

Location: Longmont Yarn Shoppe, 454 Main St

Wild About Fiber!

Your child will enjoy a fun-filled camp that's hands on and all about working with fiber. Each day will have a different main activity, including working with raw animal fibers and yarn to create their own masterpieces. Camp will include wet felting, needle felting, weaving, and finger knitting.

6 to 10 yrs: Jun 9-11, Tue-Thurs, 9am- 1pm 346474.06
Jun 23-25, Tue-Thurs, 9am- 1pm 346474.07
Fee: \$165 resident/\$206.25 non-resident

Pottery Wheel Camp

Learn how to create pottery on a pottery wheel. You will learn the proper technique of building a pot or vase. Create masterpieces for yourself or others. A \$30 materials fee is due the first class.

13 to 17 yrs: Jun 1- 5, Mon-Fri, 2-4pm 346427.6A
Jul 6-10, Mon-Fri, 2-4pm 346427.7A
Aug 10-14, Mon-Fri, 2-4pm 346427.8A
8 to 14 yrs: Jun 1- 5, Mon-Fri, 10am-12pm 346427.06
Jul 6-10, Mon-Fri, 10am-12pm 346427.07
Aug 10-14, Mon-Fri, 10am-12pm 346427.08
Location: Happy Hands Studio, 2318 W. 17th Ave Unit C
Fee: \$110 resident/\$137.50 non-resident

Happy Hands Art Camp

Learn different mediums from our professional artists. We will have different themes for every week offered. Lunch is included in price. A \$100 materials fee is also due at the first day of class

7 to 15 yrs: Mon-Fri, 9am-3pm
Magical Princesses and Pirates Jun 22-26 345470.06
The Outdoors Jul 13-17 345470.07
Aug 3-7 345470.08
Instructor: Greg Milczuk
Location: Happy Hands Studio, 2318 W 17th Ave Unit C
Fee: \$300 resident/\$375 non-resident

Clay Hand Building

Each week create an instructor-guided fun clay project with sculpting and hand building techniques. Learn how to create masterpieces from raw clay. \$10/piece glazing and firing fee.

7 to 17 yrs: Jun 2, Tue, 4- 6pm 347427.06
Jul 7, Tue, 4- 6pm 347427.07
Aug 4, Tue, 4- 6pm 347427.08
Location: Happy Hands Studio, 2318 W. 17th Ave Unit C
Fee: \$15 resident/\$18.75 non-resident

Roots and Wings

Social skills—does your child need extra practice in a fun atmosphere? A class facilitated by a teacher and future school counselor welcomes students that need an encouraging atmosphere to exercise skills in eye contact, greeting others, and active listening. Games, role-plays, confidence building, and thoughtful reflection are some of the tools used to equip students for success.

8 to 10 yrs: Jun 8-29, Mon, 4-5pm 346570.06
11 to 14 yrs: Jul 13-Aug 3, Mon, 4- 5pm 346570.7A
Instructor: Dawn Starkey
Location: 4th Ave Annex, 519 4th Ave
Fee: \$60 resident/\$75 non-resident

I Can Knit

Nothing satisfies like the pleasure of making something! Knitting is portable, fun, relaxing and provides a sense of accomplishment! Your child will learn to knit and complete a project of their choosing.

8 to 12 yrs: Jun 2&4, Tue/Thurs, 10am-2pm 346475.06
Jul 21&23, Tue/Thurs, 10am-2pm 346475.07
Fee: \$90 resident/\$112.50 non-resident



See page 48 for more knit & crochet classes for kids 12 & up!

New! Avid4 Adventure Camps with Longmont Shuttle

Avid4 Adventure camps teach pre-Kindergarten to 7th graders of all abilities to climb, paddle, bike, hike and thrive in the outdoors! For camp details including dates, times, pick-up/drop-off location and registration, go to: www.Avid4.com or call 800-977-9873. Use code FREESHUTTLE for 100% off the shuttle price. Longmont Shuttle is only available for Avid4 Adventure camps based out of Boulder during the weeks of June 29, July 13, and July 20.



Longmont Summer Day Camp

Longmont Recreation Services offers state-licensed summer day care for youth ages 5* to 13 (*5 year olds must have completed kindergarten). With a single family registration fee, youth are able to attend either camp as their age and interest allows. Once registered, enrolling for the Longmont Summer Day Camp and Tween LOCO camp is as easy as selecting the days you are interested in. Enroll early knowing that you will be able to change dates until May 1 without a \$5 change fee assessed per date. No sure when you will need days? You can enroll as you go: daily registrations are accepted on a space available basis until 4pm the day before.

Please note: as state-licensed programs, a completed enrollment packet (including immunization record, photo, height and weight) is required PRIOR to attendance. After May 1, all registrations MUST include completed enrollment packets at time of registration. On-line registration is available prior to May 1. For all forms and other detailed information such as weekly themes and daily activities, see www.LongmontColorado.gov/rec.

Longmont Summer Day Camp

Activity-based traditional summer camp with swimming twice a week, weekly field trips to various parks throughout Longmont, and optional add-on enrichment activities available for an additional fee. *Open registration begins February 2.*

Ages 5* to 12: May 26-Aug 7, Mon-Fri, 7am-6pm
 Registration Fee: \$45 resident family/
 \$56.25 non-resident family
 Daily Fee: \$35 resident/ \$43.75 non-resident
 Weekly Fee (5 days x \$35/day) = \$175 resident/
 \$218.75 non-resident

Tween LOCO

Experiential-based summer camp that utilizes opportunities within and surrounding downtown Longmont. Campers walk to daily focused activities (i.e. specific days for theatre, dance, music, science, reading, sports, art) within weekly themes. Some activities (i.e. guitar lessons) may incur additional costs. ***Wrap around care before/after is available. Open registration begins February 2.*

Ages 11 to 13: June 1-July 31, Mon-Fri, 9am-4pm**
 Registration Fee: \$45 resident family/
 \$56.25 non-resident family
 Daily Fee: \$50 resident/ \$62.50 non-resident
 Weekly Fee (5 days x \$50/day) = \$250 resident/
 \$312.50 non-resident.



Kids Tri Bike Prep

GEAR up for the Longmont Kids ONLY Triathlon! Youth will learn bicycle safety and race preparations, along with pacing, conquering hills, braking and cornering. Bring helmet, close toed shoes, bike water and sunglasses. All classes meet at Centennial Pool and practice in neighboring parking lots, trails and roads.

6 to 9 yrs: May 16, Sat; May 22 & 29, Fri, 2-3:15pm 326026.1
10 & up: May 16, Sat; May 22 & 29, Fri, 3:30-5pm 326026.2
Location: Centennial Pool, 1201 Alpine St
Fee: \$26 resident/\$32.50 non-resident

Intro to Horses and Riding

Discussions on Horse Safety, personalities & care. Most of the class will be "Hands On" learning to brush and groom the gentle horses. Riding time has the kids taking turns riding the horses. Wear closed shoes and long pants. Riding helmets provided.

Location: Sun Pony Ranch, 18490 County Rd 1

5 to 7 yrs: Apr 25, Sat, 4-5:30pm 246901.A
May 9, Sat, 4-5:30pm 246901.B
Jun 13, Sat, 4- 5:30pm 346901.A
Aug 8, Sat, 4- 5:30pm 346901.B

Fee: \$35 resident/\$42 non-resident

8 to 14 yrs: May 2, Sat, 4-6pm 246902.A
Jun 6, Sat, 4-6pm 346902.A
Aug 8, Sat, 4-6pm 346902.B

Fee: \$46 resident/\$55.25 non-resident

Lil' Buckaroos Camp

Campers learn about, interact with, and RIDE the horses each day while learning and practicing safety around horses and around the ranch. They will try out some ranch chores and have special ranch fun! Activities are all age appropriate.

5 to 7 yrs: Jun 2- 4, Tue-Thu, 10:30am-2pm 346904.A
Jun 9-11, Tue-Thu, 10:30am-2pm 346904.B
Jun 16-18, Tue-Thu, 10:30am-2pm 346904.C
Jun 23-25, Tue-Thu, 10:30am-2pm 346904.C1
Jul 14-16, Tue-Thu, 10:30am-2pm 346904.D
Jul 21-23, Tue-Thu, 10:30am-2pm 346904.E
Jul 28-30, Tue-Thu, 10:30am-2pm 346904.F
Aug 4- 6, Tue-Thu, 10:30am-2pm 346904.G

Location: Sun Pony Ranch, 18490 County Rd 1

Fee: \$140 resident/\$175 non-resident

Youth Safety and Swim Days at Roosevelt Activity Pool

Youth will have the opportunity to visit with police officers, firefighters and explore their vehicles! Afterwards, enjoy a water safety activity before free swim time.

5-8 years: Jun 25, Thurs, 9-12pm 321142.1A
Jul 9, Thurs, 9-12pm 321142.2A
Jul 23, Thurs, 9-12pm 321142.2B

Location: Roosevelt Activity Pool, 903 8th Ave

Fee: \$10 resident/ \$12.50 non-resident/
\$2 family member discount

Adventure Bike Camp

Youth will have fun while improving their bike handling skills and learning the Rules of the Road! Youth will learn the pre-ride ABC Hand Check, how to repair a flat tire, and how to ride with traffic on residential streets and on the greenway system. A bicycle safety check, performed by a bike shop before the camp, and CPSC approved bike helmets are required.

8 to 11 yrs: Jun 8-12, Mon-Fri, 9am-12pm 326014.1
Aug 3-7, Mon-Fri, 9am-12pm 326014.2

Instructor: Buzz Feldman, LCI -Certified Bicycle Safety

Location: Roosevelt Park Pavilion, 785 8th Ave

Fee: \$80 resident /\$100 non-resident

Sailing Camp with ABLE to SAIL

Learn to Sail...and then some! A super-fun empowerment camp, revealing courage and self-esteem. Learn the basics of sailing with a US Sailing Certified Instructor, with an added emphasis on challenging the mental chatter of inadequacy which leads to high-risk behaviors- replacing "I can't, and I'm not," with, "I AM and I CAN!" Campers leave equipped with tools to navigate youth, and are ABLE to Sail!

11 to 17 yrs: Jun 23-26, Tue- Fri, 10am- 4pm 326025.1
Aug 4-7, Tue- Fri, 10am- 4pm 326025.2

Instructor: Diane McKinney, ABLE to SAIL

Location: Union Reservoir Pavilion,
0461 Weld Country Rd 26

Fee: \$295 resident / \$368.75 non-resident

Child & Youth Climbing Classes

These classes cover climbing safety and explore a variety of basic techniques to aide in increasing the climber's skill level. Intermediate and advanced classes extend these skills as the participant's ability increases. If you are unsure which class would be appropriate, please check with the climbing wall staff. It may be advised to do a class level more than once! *No class 7/2

6 to 9 yrs: 6-7 pm
Beginner Apr 13-May 11, Mon 217346.B1
Jun 1-29, Mon 317346.B1
Jun 2-30, Tue 317346.B2
Jul 20-Aug 17, Mon 317346.B3
Jul 21-Aug 18, Tue 317346.B4

Intermediate Apr 14-May 12, Tue 217346.I1
Jun 3-Jul 1, Wed 317346.I1
Jul 22-Aug 19, Wed 317346.I2

Advanced Apr 15-May 13, Wed 217346.A1

6 to 14 yrs: 6-7pm
Advanced Jun 4-Jul 9*, Thurs 317347.A1
Advanced Jul 23-Aug 20, Thurs 317347.A2

10 to 14 yrs: 7-8 pm
Beginner Apr 13-May 11, Mon 217347.B1
Jun 1-29, Mon 317347.B1
Jul 20-Aug 17, Mon 317347.B2

Intermediate Apr 14-May 12, Tue 217347.I1
Jun 3-Jul 1, Wed 317347.I1
Jul 22-Aug 19, Wed 317347.I2

Advanced Apr 15-May 13, Wed 217347.A1

Location: Longmont Recreation Center, 310 Quail Rd
Fee: \$50 resident/\$62.50 non-resident

Tree Climbing with Dances with Branches

Tree Climbing Colorado offers introductory recreational tree climbing experiences using fun, easy-to-learn, arborist rope techniques, stressing both safety for climbers and protection of trees. Certified facilitator provides all instruction and equipment. All minors must have parent/guardian present.

Important info: Wear long pants, sturdy shoes, and bring gloves if you've got 'em!

7 to Adult:	Apr 11, Sat, 12:30-3pm	226021.1
	May 9, Sat, 12:30-3pm	226021.2
	Jun 13, Sat, 12:30-3pm	326021.1
	Jul 11, Sat, 12:30-3pm	326021.2
	Aug 8, Sat, 12:30-3pm	326021.3

Instructor: Harv Teitelbaum

Location: Thompson Park, 4th & Bross St

Fee: \$30 resident/ \$38 non-resident

Hunter Safety

Get your Hunter Registration card by taking this class. This class provides a solid foundation in shooting sports and emphasizes safety, ethics and care of wildlife. Non-hunters welcome. Contact Michael at 303-747-2827 or mehdch@aol.com to register.

All ages:	May 2-3, Sat 8am-5pm, Sun 9am-3pm
	Sept 19-20, Sat 8am-5pm, Sun 9am-3pm
Location:	Senior Center, 910 Longs Peak Ave
Fee:	\$10

Adult Climbing Clinics – Fit Your Schedule!

Schedule your clinic directly with the instructor through the e-mail listed with each program. Sign up with a partner if possible! Classes paid at the Recreation Center front desk when the session occurs.

15 & Up:	By Appointment – 2 hr, two-day class
Location:	Longmont Recreation Center, 310 Quail Rd
Climbing wall open hours fee:	\$30 res/\$37.50 non-res
Climbing wall closed hours fee:	\$100 res/\$125 non-res

Top-Rope Belay Clinic

Belay techniques, gear use, commands, and safety. For information or to schedule, email Jeremy: jeremyelms215@gmail.com

Lead Belay Clinic

Includes lead climbing and belay techniques, gear use, commands, and safety. For information or to schedule, email Jeremy: jeremyelms215@gmail.com

Intro to Outdoor Climbing Clinic

Prepare to climb outside (with an experienced climber or guide.) Covers differences in indoor and outdoor climbing and safety preparedness and skills. For information or to schedule, email Kelsea: kpellouchoud@yahoo.com

Personal Climbing Training

Can't attend a scheduled climbing class or want individualized instruction? These individual or small group 1-hour training sessions are personalized and cover climbing safety, beginner through advanced techniques, as well as personal climbing analysis and training. For information or to schedule, email Rebecca: lynch-rebecca@hotmail.com

All ages:	By Appointment – 1 hour
Location:	Longmont Recreation Center, 310 Quail Rd
Fee:	\$25 per hour session (1-3 participants)

Night Sky Revealed

Explore some of the wonders in the night sky this summer. View craters, rills, and valleys on moon; enjoy seeing Saturn's rings; take a summertime tour of globular clusters, nebulae, and galaxies. The Longmont Astronomical Society will give a short presentation and provide telescopes for you to view the objects. Rain date is the next day, Saturday, 9-11pm.

All ages:	Fri, May 22, 9-11pm	247920.05
	(rain date on Sat, May 23)	
	Fri, Jul 24, 9-11pm	347920.07
	(rain date Sat, Jul 25)	

Location: Sandstone Ranch Visitors & Learning Center
Parking area

Fee: \$10 residents/\$12.50 non-residents

Dog Obedience Training

Using rewards based training you will learn how to communicate obedience and socialization skills. Since dogs are not language orientated but motion orientated, you will learn both verbal and hand signals to train positive behavior. Children ages 10-16 must be accompanied by an adult. Owners must provide a copy of shot records at the first class. Please do not feed dogs before class.

10 & up:	Sat, May 2-23, 10-11am	247910.05
Instructor:	Mary Carson	
Location:	St Vrain Memorial Building, 700 Longs Peak Ave	
Fee:	\$49 resident/\$59 non-resident	

Intro to Horses & Riding

Basic Safety Issues, horse personalities, horse care, and riding will all be discussed in this class. Enjoy 60 minutes of riding time in a Group Lesson. Overcome any potential fear or anxiety with these gentle animals.

15 & up:	Aug 22, Sat, 4-6:30pm	347901.A
Location:	Sun Pony Ranch, 18490 County Rd 1	
Fee:	\$60 resident/\$72 non-resident	

Adult Climbing Classes

These classes cover climbing safety and explore a variety of basic techniques to aide in increasing the climber's skill level. Intermediate and advanced classes extend these skills as the participant's ability increases. If you are unsure which class would be appropriate, please check with the climbing wall staff. It may be advised to do a class level more than once! *No class 7/2

15 to Adult:		
Beginner	Apr 16-May 14, Thurs, 6-7pm	217344.B1
	Jun 2-30, Tue, 7-8pm	317344.B1
	Jul 21-Aug 18, Tue, 7-8pm	317344.B2
Intermediate	Apr 16-May 14, Thurs, 7-8pm	217344.I1
	Jun 4-Jul 9*, Thurs, 7-8pm	317344.A1
	Jul 23-Aug 20, Thurs, 7-8 pm	317344.A2
Advanced	Apr 17-May 15, Fri, 6-7pm	217344.A1
	Jun 4-Jul 9*, Thurs, 7-8pm	317344.A1
	Jul 23-Aug 20, Thurs, 7-8 pm	317344.A2
Location:	Longmont Recreation Center, 310 Quail Rd	
Fee:	\$65 resident/\$81.75 non-resident	



Outdoor Education & Primitive Skills

with **Gone Feral School of Bushcraft & Traditional Skills**

Instructor: Doug Hill, Gone Feral

Location: SSR Visitors & Learning Center, 3001 E Hwy 119

Water Disinfection in the Wilderness

There are an abundance of water disinfection methods available today for travel in the backcountry. Learn why it's important to treat your water, what you need and what you don't, modern available options, as well as emergency techniques when you have nothing. Ages 12-15 welcome if registering with an adult.

16 & up: Sat, May 2, 10:30am-12pm 347911.6A
Fee: \$15 resident/\$18.75 non-resident

Living off the Land: Primitive Weapons

Try your hand at using a variety of weapons available to our ancestors. History and use of the atlatl, bola, sling, and throwing stick (predecessor to the boomerang) will be included. Ages 8-15 welcome if registering with an adult.

16 & up: Sat, May 2, 12:30- 2pm 347911.6B
Fee: \$15 resident/\$18.75 non-resident

Emergency Fire Starting

There are many fancy ways to make fire, and a few simple methods that will work time and again when it really matters. Attend this class to receive a well-rounded introduction to fire-making and emergency starting techniques for when you really need that fire. Ages 10-15 welcome if registering with an adult.

16 & up: Tue, May 12, 6-7:30pm 247911.5A
Fee: \$20 resident/\$25 non-resident

Getting to Know Your Digital Camera

Topics covered will include automatic vs manual control, white balance, file formats, ISO settings and reducing red eye. Course is 2 days—first in the classroom, and the second outside, taking pictures. Required equipment: Digital Camera and camera manual.



14 & up: May 6 & 9, Wed & Sat, 7- 9pm 247100.C
Jun 10 & 13, Wed & Sat, 7- 9pm 347100.A
Jul 29 & Aug 1, Wed & Sat, 7- 9pm 347100.B

Instructor: John Lovell

Location: St Vrain Memorial Building, 700 Longs Peak Ave

Fee: \$35 resident/\$43.75 non-resident

Shooting Pictures Like a Pro

Improve the quality of your photographs. The first class is in the classroom and the second outside, taking pictures. Topics covered: posing subjects, lighting, depth of field, stop action and composition. Required: Digital camera with ability to change aperture and shutter speed.

14 & up: May 20-23, Wed & Sat, 7-9pm 247101.B
Jul 8-11, Wed & Sat, 7-9pm 347101.A

Instructor: John Lovell

Location: St Vrain Memorial Building, 700 Longs Peak Ave

Fee: \$35 resident/\$43.75 non-resident

Drumming for Health and Therapy

If you can talk--you can drum. These classes are fun, easy and accessible to anyone regardless of age or physical condition. The Djembe drum from West Africa is the drum of choice and drums are provided.



Instructor: Gregg Hansen

Location: Izaak Walton Clubhouse, 18 S Sunset

Beginning Drumming

Simple rhythms will be presented slowly and patiently.

16 & up: Tuesday, 6:30-7:30pm
May 5-26 \$36 res/\$45 non-res 247330.5A
Jun 9-30 \$36 res/\$45 non-res 347330.6
Jul 7-28 \$36 res/\$45 non-res 347330.7
Aug 4-25 \$36 res/\$45 non-res 347330.8

Continuing Drumming

Now that you've learned the basics, it's time to go deeper.

Pre-requisite: Beginning Drumming.

16 & up: Beginner -Thursday, 1:30-2:45pm
May 7-28 \$36 res/\$45 non-res 247331.5A
Jun 11-Jul 2 \$36 res/\$45 non-res 347331.6A
Jul 9-30 \$36 res/\$45 non-res 347331.7A
Aug 6-27 \$36 res/\$45 non-res 347331.8A
16 & up: Beginner - Thursday, 7-8:15pm
May 7-28 \$36 res/\$45 non-res 247331.5B
Jun 11-Jul 2 \$36 res/\$45 non-res 347331.6B
Jul 9-30 \$36 res/\$45 non-res 347331.7B
Aug 6-27 \$36 res/\$45 non-res 347331.8B
16 & up: Intermediate 1 - Monday, 7:15-8:30pm
Apr 27-May 18 \$36 res/\$45 non-res 247333.5A
Jun 8-29 \$36 res/\$45 non-res 347333.6A
Jul 6-27 \$36 res/\$45 non-res 347333.7A
Aug 3-24 \$36 res/\$45 non-res 347333.8A
16 & up: Intermediate 1 - Thursday, 12-1:15pm
May 7-28 \$36 res/\$45 non-res 247333.5B
Jun 11-Jul 2 \$36 res/\$45 non-res 347333.6B
Jul 9-30 \$36 res/\$45 non-res 347333.7B
Aug 6-27 \$36 res/\$45 non-res 347333.8B
16 & up: Intermediate 2 - Tuesday, 11:30am-12:45pm
May 5-26 \$36 res/\$45 non-res 247334.5A
Jun 9-30 \$36 res/\$45 non-res 347334.6A
Jul 7-28 \$36 res/\$45 non-res 347334.7A
Aug 4-25 \$36 res/\$45 non-res 347334.8A
16 & up: Intermediate 2 - Wednesday, 7:45-9pm
May 6-27 \$36 res/\$45 non-res 247334.5B
Jun 10-Jul 1 \$36 res/\$45 non-res 347334.6B
Jul 8-29 \$36 res/\$45 non-res 347334.7B
Aug 5-26 \$36 res/\$45 non-res 347334.8B

Advanced Drumming

Must get permission from Gregg Hansen at communitydrum@earthlink.net

16 & up: Tuesday, 7:45-9pm
May 5-26 \$36 res/\$45 non-res 247335.5A
Jun 9-30 \$36 res/\$45 non-res 347335.6
Jul 7-28 \$36 res/\$45 non-res 347335.7
Aug 4-25 \$36 res/\$45 non-res 347335.8

Travel

Learn great travel secrets, tips & tricks with travel writer & photojournalist, Ron Stern. Learn more about Ron at www.globalgumshoe.com.

Location: St Vrain Memorial Building, 700 Longs Peak Ave

Fly Cheap, Stay Cheap, Travel Cheap

Learn the secrets of traveling in grand style on a limited budget. Discover how to obtain great deals on airfares, accommodations, cruises, entertainment and creative lodging ideas, all for a fraction of the usual cost. \$15 optional materials fee payable to instructor.

18 & up: May 5, Tue, 6-8pm 247500.05
Jun 3, Wed, 6:30- 8:30pm 347500.06
Aug 3, Mon, 6:30- 8:30pm 347500.08
Fee: \$25 resident/\$31.25 non-resident

Secrets to Great Travel Photos

Learn the secrets to great travel photos from a travel photojournalist. After learning some of the basics, tips and tricks, you will go outside to put your new knowledge into practice. Afterwards, you'll be all set to get some great shots on your next trip. Bring your camera. \$5 optional materials fee payable to instructor.

18 & up: May 6, Wed, 5-7pm 247501.05
Jul 1, Wed, 6:30- 8:30pm 347501.07
Aug 5, Wed, 6:30- 8:30pm 347501.08
Fee: \$25 resident/\$31.25 non-resident

How to be a Travel Writer – the Easy Way

If you have the wanderlust but not the money to pay for it, consider becoming a travel writer. Travel writers stay in the best hotels, eat the finest food, and experience VIP treatment for free. Optional materials fee of \$25 payable to the instructor.

18 & up: Jun 4, Thurs, 6-9pm 347502.06
Aug 4, Tue, 6-9pm 347502.08
Fee: \$35 resident/\$43.75 non-resident

55+, for additional education, cultural, athletic, arts and trip programs see www.longmontcolorado.gov/senior-services

Legal & Financial Education

Will Maker

In a single easy session, you'll complete a will, financial power of attorney, and combined medical directive (including living will, medical power of attorney, and organ donation) with the help of attorney Rebecca L. Bennetti and her staff. Includes all materials, witnessing, notarizing, individual review and plenty of time for discussion and questions. Couples must have individual wills.

Instructor: Rebecca Bennetti
Fee: \$125 resident/\$156.25 non-resident

18 & up: May 13, Wed, 6- 9pm 247125.05
Location: St Vrain Memorial Building, 700 Longs Peak Ave
18 & up: Jun 17, Wed, 6-9pm 347125.06
Location: Longmont Recreation Center, 310 Quail Rd
18 & up: Jul 18, Sat, 10am-1pm 347125.07
Wed, Aug 19, 6-9pm 347125.08
Location: St Vrain Memorial Building, 700 Longs Peak Ave

How to Get Out of Debt in 5-7 Years

This workshop will show you how to pay of ALL DEBT (including your mortgage) in a short period of time. Bring a list of all your debts and bring a calculator. This is not a class on budgeting or tax reduction, but rather DEBT ELIMINATION! \$30 workbook fee payable to instructor in class. Couples pay \$59.

18 & up: May 28, Thurs, 6-9pm 247127.B
Instructor: Bob Marette
Location: St Vrain Memorial Building, 700 Longs Peak Ave
Fee: \$39 resident/\$48.75 non-resident

Financial Planning Workshops

Instructor: Rebecca Glover, Edward Jones
Location: 4th Ave Annex, 519 4th Ave
Fee: \$10 resident/\$12.50 non-resident

Five Money Questions for Women

An educational program that shares perspective on a process women can use to identify financial goals and set a strategy.

18 & up: Jun 25, Thurs, 5:30- 6:30pm 347126.1A
Aug 6, Thurs, 5:30- 6:30pm 347126.1B

Ready or Not? Preparing for the Unexpected

This educational program shares tips on how to develop a proactive financial strategy for protection and preparing for the unexpected.

18 & up: Jul 16, Thurs, 5:30- 6:30pm 347126.2

Retirement by Design

Whether you are 10 or 40 years from retirement, you will learn investment strategies to help design the retirement you want, and how to keep your strategy on track.

18 & up: Jul 30, Thurs, 5:30- 6:30pm 347126.3

A Better Way Realty

Jim Flint, CRS, has 30 years real estate experience in five states. He's an investment property specialist, and has conducted hundreds of investment transactions.

Location: 4th Ave Annex, 519 4th Ave
Fee: \$25 resident/\$31.25 non-resident +
\$20 workbook; fee payable to instructor

Fundamentals of Real Estate Investing

Control your destiny. Build your portfolio of income properties. Learn how to find a good location, financing. Get a financial analysis, tax rules, 1031 exchange. Fix and flip or be passive, your choice. Triple net commercial to investments.

18 & up: Jul 21, Tue, 6-9:15pm 347127.7A

Managing Your Rental Properties

Learn how to screen your prospective tenants and keep the bad ones out. Be aware of "dos and don'ts" when dealing with tenants. If you must evict, how? Review the Fair Housing Laws. Included is a copy of a lease used in over 800 housing units.

18 & up: Jun 4, Thurs, 6-9:15pm 347127.6
Jul 23, Thurs, 6-9:15pm 347127.7B

Business & Career Skills

Social Media Marketing for Artists & Small Business

Understanding social platforms like Facebook, Twitter and others is vital to developing your small business. Even more importantly, developing online relationships using content rather than old fashioned sales tactics is key to success. This class will teach you how to do both.

18 & up: Sat, May 2 & 9, 12-2pm 247550.05
Instructor: Julie Kazimer
Location: St Vrain Memorial Building, 700 Longs Peak Ave
Fee: \$45 resident/\$56.25 non-resident

Writing Refresher

Struggling to feel confident about your writing skills at home or at work? In this workshop, we will review the most common writing errors and learn strategies for making your writing clearer, more interesting, and more persuasive.

18 & up: Jul 30, Thurs, 6-8pm 347110.07
Instructor: Kelly Bradbury, PhD
Location: Senior Center, 910 Longs Peak Ave
Fee: \$25 resident/\$31.25 non-resident

Retool Your Resume

Improve your chances of getting a job by strengthening your résumé-writing skills. We will discuss sample résumés, review résumé-writing tips, learn about résumé-writing resources, and spend time revising your own résumé. Please bring a copy of your résumé to the workshop.

18 & up: Jun 8, Mon, 6-8pm 347111.06
Aug 10, Mon, 6-8pm 347111.08
Instructor: Kelly Bradbury, PhD
Location: Senior Center, 910 Longs Peak Ave
Fee: \$25 resident/\$31.25 non-resident

Health & Beauty

Natural First Aid

Come and learn basic herbal tips for treating cuts, bruises, stings, burns, and more from Jane Anderson, Certified Clinical Herbalist. Whether at home or in the wild, become familiar with some simple natural ways to handle first aid situations. You will learn how to create your own natural first aid kit or you can choose to buy one at the class.

16 & up: Jun 8, Mon, 7-9pm 347132.06
Location: St Vrain Memorial Building, 700 Longs Peak Ave
Fee: \$30 resident/\$37.50 non-resident

Make Your Own Beauty Products

A UK study revealed women put 515 chemicals on their face daily. Avoid these toxins by making your own natural & safe beauty products, enhanced with the healing energy of essential oils. We will make body scrub, body lotion, lip balm, soap, and facial moisturizer in class. More info at www.sirian1.com.

14 & up: Jun 27, Sat, 10am-12pm 347138.06
Aug 8, Sat, 10am-12pm 347138.08
Instructor: Relora Joyce
Location: St Vrain Memorial Building, 700 Longs Peak Ave
Fee: \$40 resident/\$50 non-resident



Spanish Classes

Learning a language is learning a culture. Build and expand your conversational Spanish in these interactive classes. There is a \$7 materials fee payable to the instructor at the first class.

Instructor: Ana Guttridge



Spanish 101 Beginner

Have fun exploring the rich works of Spanish speaking painters and musicians. For those with NO Spanish experience. \$7 dollar materials fee *NO Class: 8/14

16 & up: Jun 5-26, Fri, 8-9am 347155.06
Jul 10-31, Fri, 8-9am 347155.07
Fee: \$35 resident/\$43.50 non-resident
16 & up: Aug 7-28, Fri, 8-9am 347155.08
Fee: \$26.25 resident/\$33 non-resident
Location: St Vrain Memorial Building, 700 Longs Peak Ave

Spanish 201 Conversation - Painters

Have fun building conversational Spanish, while exploring the rich works of Spanish speaking painters and musicians. For those with advanced beginner/ intermediate Spanish. Class on June 23rd will be at the Memorial building. \$7 dollar materials fee

16 & up: Jun 2-23, Tue, 6:30-7:30pm 347156.06
Jul 7-28, Tue, 6:30-7:30pm 347156.07
Aug 4-25, Tue, 6:30-7:30pm 347156.08
Location: Senior Center, 910 Longs Peak Ave
Fee: \$35 resident/\$43.75 non-resident

Spanish 201 Conversation - Daily Activities

Have fun building conversational Spanish related to daily activities and situations such as traveling, stores, restaurants, doctors, etc. For those with beginner/intermediate Spanish. *NO Class: 08/15

16 & up: Jun 4-18, Thurs, 6:30-7:50pm 347160.06
Jul 9-23, Thurs, 6:30-7:50pm 347160.07
Aug 6-20, Thurs, 6:30-7:50pm 347160.08
Fee: \$35 resident/\$43.75 non-resident
Location: Senior Center, 910 Longs Peak Ave

In the Kitchen

Bread Baking

Come learn from this bread making demonstration. We will start with wheat seeds, grind flour and finish making cinnamon rolls, italian focaccia, and sandwich bread. Every participant gets to taste the finished product. You will also learn nutritional information about eating with whole grains.

15 & up: Jun 8, Mon, 6-8pm 347458.07
Location: Senior Center, 910 Longs Peak Ave

15 & up: Jun 20, Sat, 10am-12pm 347458.06
Location: SSR Visitors & Learning Center, 3001 E Hwy 119

Instructor: Robin Wyrick
Fee: \$20 resident/\$25 non-resident

Once a Month Cooking

This informative class will walk through the process of menu planning and preparing all your meals for the month at one time.

15 & up: Jun 15, Mon, 7- 8:30pm 347459.06
Instructor: Robin Wyrick
Location: St Vrain Memorial Building, 700 Longs Peak Ave
Fee: \$18 resident/\$22.50 non-resident

Canning Basics

This informative class will walk participants through the process of canning their own food, including meats, veggies, fruits, and broths.

16 & up: Jul 27, Mon,
6:30- 8:30pm
347460.07

Instructor: Robin Wyrick
Location: St Vrain Memorial Building, 700 Longs Peak Ave
Fee: \$15 resident/\$18.75 non-resident

Let Food Be Thy Medicine

In this interactive class we will talk about how your food choices affect your health and the planet. We will discuss food labels and help define organic, non-GMO, natural and learn about the current trends in healthy eating.

15 & up: Jun 25, Thurs, 6:30-7:30pm 347953.06
Instructor: Ana Guttridge
Location: St Vrain Memorial Building, 700 Longs Peak Ave
Fee: \$10 resident/\$12.50 non-resident



Arts & Creative Pursuits

Family Legacy Writing

So many families today are separated by distance or have little time to record and share their experiences with each other. Learn some exercises in journal, letter, and poetry writing that can help you capture and share with your family your special memories, feelings, and experiences.

18 & up: Jun 16, Tue, 6-8pm 347109.06
Location: Senior Center, 910 Longs Peak Ave

18 & up: Jul 18, Sat, 10am-12pm 347109.07
Location: SSR Visitors & Learning Center, 3001 E Hwy 119

Instructor: Kelly Bradbury, PhD
Fee: \$25 resident/\$31.25 non-resident

Creative Art Journaling

Thinking about keeping a journal but feel overwhelmed of where to start? Learn how to create a colorful and inspiring journal of your own life stories. \$30 materials fee payable to instructor includes a good quality sketch book and materials to create a one of a kind work of art.

18 & up: Aug 3, Mon, 6:30- 8:30pm 347340.08
Jun 3, Wed, 6:30- 8:30pm 347340.06

Instructor: Nancy Stern
Location: St Vrain Memorial Building, 700 Longs Peak Ave
Fee: \$25 resident/\$31.25 non-resident

Pottery Wheel Throw

Learn how to create pottery on a pottery wheel. You will learn the proper technique of building a pot or vase. A \$40 materials fee is due the first night of class.

16 & up: Jun 2-Jul 7, Tue, 6-8:30pm 346426.6A
Jun 4-Jul 9, Thurs, 6-8:30pm 346426.06
Jul 14-Aug 18, Tue, 6-8:30pm 346426.07
Jul 16-Aug 20, Thurs, 6-8:30pm 346426.7A

Location: Happy Hands Studio
Fee: \$180 resident/\$225 non-resident + \$40 materials fee

Glass Fusing

Discover the amazing world of glass fusing. You will learn the characteristics of glass and how heat transforms it into something so beautiful. We'll give you a comprehensive look at a variety of tools and materials available and guide you through the planning and design of your piece.

16 & up: Jun 25, Thurs, 6-8pm 347321.06
Aug 20, Thurs, 6-8pm 347321.08
Location: Crackpots Studios, 505 Main St
Fee: \$15 resident/\$18.75 non-resident

No Fear Oil Painting

Whether you are a beginner or have some experience, come and enjoy developing your talent in a nurturing environment. Enjoy the pleasurable experience of working with this forgiving medium. Learn how to mix and create a glowing painting. Purchase supplies before 1st class—list online or on receipt.

Instructor: Dorothy Pecina
Location: Carriage House Art, 11938 Oxford Rd
Fee: \$48 resident/\$60 non-resident

18 & up: Mon, 9-11am
Dates: Apr 27-May 18 247301.05
Jun 1-22 347301.06
Jun 29-Jul 20 347301.07
Jul 28-Aug 17 347301.08

18 & up: Mon, 7- 9pm
Dates: Apr 27-May 18 247302.05
Jun 1-22 347302.06
Jun 29-Jul 20 347302.07
Jul 28-Aug 17 347302.08

18 & up: Wed, 1- 3pm
Dates: Apr 29-May 20 247303.05
May 27-Jun 17 347303.06
Jun 24-Jul 15 347303.07
Jul 29-Aug 19 347303.08



Learn to Draw

Instructor: Donna Clement

Location: Senior Center, 910 Longs Peak Ave

Pen & Ink Drawing

Learn how to create beautiful pen & ink drawings using a crow quill pen and bottled inks. Learn all the techniques of shading and create full-color drawings. Other pen types, such as rapidographs, will be explored.

16 & up: May 6-27, Wed, 6-8pm 247318.05
 Fee: \$35 resident/\$43.75 non-resident
 + \$5 handout fee

Studio Time with Donna Clement

If you have ever taken a class from Donna, you can take this class. Work on drawing whatever project you wish, using colored pencil, graphite, or pen & ink. This is not an instructional lecture class, rather a studio session with instructor help & guidance as needed. Bring supplies purchased for previous classes with Donna.

16 & up: Jun 3-17, Wed, 6-8pm 347316.06
 Jul 15-29, Wed, 6-8pm 347316.07
 Fee: \$27 resident/\$33.75 non-resident

Colored Pencil Drawing - Animals

Learn how to draw animals while learning to use colored pencils. Draw your pet or any animal or bird. Learn to draw hair, fur and feathers while learning to see colors and shapes like an artist. Supply list available on -line or at registration.

16 & up: Aug 5-26, Wed, 6-8pm 347315.08
 Fee: \$35 resident/\$43.75 non-resident
 + \$5 handout fee

Learn to Crochet

This course is for the absolute beginner. Learn to crochet by making a sampler hand bag. Plan to crochet between the 2 classes so you are ready to finish off your purse at the 2nd class. \$25 materials fee payable to instructor at 1st class (covers yarn, crochet hook & book).



12 & up: Jun 9 & 23, Tue, 6-8pm, 347400.06
 Instructor: Debby Telfer
 Location: St Vrain Memorial Building, 700 Longs Peak Ave
 Fee: \$30 resident/\$37.50 non-resident

Learn Tunisian Crochet

Learn this versatile stitch to create items that have knit and other distinct woven looks with a long Tunisian crochet hook. Knitters also find this a fun crochet stitch to learn! We will create a beautiful Tunisian sampler scarf in class. \$20 materials fee payable to instructor (covers yarn, Tunisian crochet hook & pattern).

16 & up: Jul 7, Tue, 6-9pm 347401.07
 Instructor: Debby Telfer
 Location: St Vrain Memorial Building, 700 Longs Peak Ave
 Fee: \$30 resident/\$37.50 non-resident

Crochet a Half-Circle Lacy Shawl

This course is for the advanced beginner who knows how to do basic crochet stitches and read crochet patterns. Create a multi-color half circle lace pattern shawl that will dress up any outfit. Up to \$40 materials fee payable to instructor at first class (covers cost of high-quality yarn, crochet hook and pattern).

16 & up: May 5 & 19, Tue, 6-8pm 247404.05
 Instructor: Debby Telfer
 Location: St Vrain Memorial Building, 700 Longs Peak Ave
 Fee: \$30 resident/\$37.50 non-resident

Learn to Knit

This course is for absolute beginners. You will learn how to knit, purl, bind off and cast on to make a simple washcloth. Materials list available online or on receipt; please purchase all materials before class.

16 & up: Jun 3, Wed, 6-9pm 347415.06
 Jul 28, Tue, 10am-1pm 347415.07
 Location: Longmont Yarn Shoppe, 454 Main St
 Fee: \$30 resident/\$37.50 non-resident

Learn to Spin Wool – Make Your Own Yarn!

Try making your own yarn at this Learn to Spin class. It's portable, fun, & affordable. Bring your own drop spindle or purchase at Longmont Yarn Shoppe. Roving provided. No previous experience required.



12 & up: May 16, Sat, 10am-12pm 247410.B
 Jun 19, Fri, 1-3pm 347416.06
 Jul 31, Fri, 1-3pm 347416.07
 Location: Longmont Yarn Shoppe, 454 Main St
 Fee: \$20 resident/\$25 non-resident

Zoom Loom!

Ever want to try weaving, but don't have room for a loom? Learn basic pin loom weaving and what you can make with little squares. We will also go over different types of yarn. The possibilities are endless. No previous weaving is required, but must be willing to be creative! Class fee includes your very own Zoom Loom and a variety of yarns to sample!



12 & up: Jun 19, Fri, 10am-12pm 347417.06
 Jul 31, Fri, 10am-12pm 347417.07
 Location: Longmont Yarn Shoppe, 454 Main St
 Fee: \$55 resident/\$68.75 non-resident



3 Great Courses, One Extraordinary Experience



303-651-8466
1900 Longs Peak Ave.

303-651.8401
1200 Cornell Drive

303-774-4342
2000 Ute Creek Drive

www.golflongmont.com

Visit Us!

Visit the Golf Longmont web site at www.golflongmont.com for on line tee times, course information, rates, to sign up for our weekly eblasts, event calendars and e-specials. You will also find us on Facebook and Twitter!

Facility Rentals—Plan Your Event Today!

The City of Longmont Golf Courses have several facilities and services that would be perfect for your next event. Tournaments, fund raisers/benefits, class reunions, family/work outings, receptions and more! Call the course of your choice today for more information regarding:

- Ute Creek's Patio or Pavilion
- Twin Peaks Restaurant and Patio
- Sunset's Clubhouse

Associations, Leagues and Tournaments!

All courses have very active Men's and Women's Golf Associations and golf leagues that are always looking for members. Join today at your course of choice. For more information visit Golf Longmont's web site at www.golflongmont.com

Senior Days

Each City golf course offers a special day just for Seniors! Rates include green fee and golf car rental.

Mondays at Twin Peaks 18 holes \$26; 9 holes \$16

Tuesdays at Sunset 18 holes \$18; 9 holes \$12

Wednesdays at Ute Creek 18 holes \$32; 9 holes \$19

Play Golf America

Get Golf Ready In 5 Days! All courses will be participating in the Play Golf America's Get Golf Ready in 5 Days program. Visit the Golf Longmont website or call one of the pro shops for more information.

Golf Instruction

Twin Peaks, Ute Creek, and Sunset golf courses offer a variety of lessons. Please check with the pro shops for more information on lessons and instruction.

Junior Golf Instruction

Contact the golf course of your choice for more information or go to www.golflongmont.com and click on your desired course's home page for course-specific summer youth golf programming. Camps and programs begin in May. See also page 20.

Junior Golf Camps

Drop-in group lessons geared to introduce youth to golf. Equipment use is available. Exclusively for Next Step: at 12:15pm, interested Juniors pair up into groups to play 9 holes of golf for an additional \$7. A \$3 lunch special is available after the camp. No registration necessary.

First Step: 9 & under- Jun 1-Aug 18, Mon, 10am-12pm

Next Step: 9 to 18 yrs - May 26-Aug 18, Tues, 10am-12pm

Location: Twin Peaks Golf Course, 1200 Cornell Dr

Daily Fee: \$20

Upcoming Events

Ute Creek Invitational: April 25 & 26

Men's City Tournament: July 10, 11, & 12

City Junior Golf Tournament: July 27, 28, & 29

Nine, Wine, and Dine

Meet up with old friends and make some new ones while playing golf and enjoying drinks and dinner. Fee includes round of golf (cart rental additional), dinner, beverage, prizes, tax and gratuity. Dinner: Salad, chicken, roasted potatoes, veggies and dessert.

Adults: Jun 19, Fri, 5pm 377228.06

Location: Sunset Golf Course, 1900 Longs Peak Ave

Fee: \$32 per person

Youth golf

For additional class details, see page 20 or view online. Online registration available at LongmontColorado.gov/rec : keyword "golf".

Instructor: Ryan Williams, golf pro

Sunset Junior Golf Play Day

For youth who understand basic golf etiquette and have SOME prior golf experience. Course tees are set at 150 yards. Sign up for 3 Play Days by June 1 to receive the Junior Golf "goodie package". Call 303-651-8404 for additional information.

8 to 17 years: Wed, 10:30am-12:30pm (firm)

Dates: Jun 10, 17, or 24; Jul 15, 22, or 29; Aug 5

Location: Sunset Golf Course, 1900 Longs Peak Ave

Daily Fee: \$7 basic code 377218

Snag and Brag Golf

This unique approach to learning golf focuses on FUN learning the basics of club handling, aim, stroke and basic golf form. Incorporates targets and games using the clubs and balls provided. A perfect starter class to get your child hooked on golf.

Dates: Jun 2&9; Jun 16&23; Jul 7&14; or Aug 4&11.

5 to 6 years: Tue, 9- 9:35am basic code: 376128

7 to 9 years: Tue, 9:50-10:25am basic code: 376228

Location: Sunset Golf Course, 1900 Longs Peak Ave

Two-Day Fee: \$26

Skills to Thrills Junior Golf

Bring the skills and the thrills will follow. Pick an area you would like to improve upon to get your game going (or renewed).

Dates: Jun 11, 18, or 25; Jul 2,9, or 16

5 to 7 years: Thurs, 9-9:50am basic code: 376238

8 to 11 years: Thurs, 10-10:50am basic code: 376138

Location: Ute Creek Golf Course, 2000 Ute Creek Dr

Daily Fee: \$16

Com-PUTT-ition

Prizes, friendly rivalry, fun! For intermediate golfers, this Chip and Putt challenge is all about the spirit of having fun while enhancing chipping and putting skills.

8 to 16 years: Jul 21, Tue, 10-11:30am 376148.07

Jul 28, Tue, 10-11:30am 376148.7A

Location: Ute Creek Golf Course, 2000 Ute Creek Dr

Fee: \$15



Senior Services

is a Division of the City's
Community Services Department

910 Longs Peak Ave | 303-651-8411

Office Hours: Monday - Friday, 8 am - 5 pm

LongmontColorado.gov/senior-services

Senior Citizens Advisory Board:

Jack Belchinsky

Sue Heinritz

Juana Mendoza

Emily Sciortino

Polly Christensen (City Council Liaison)

Wilma Cocannouer

Maureen Denig

Sean O'Halloran

This City Council-appointed board meets the first Wednesday of each month from 10am to noon at the Longmont Senior Center. Guests are always welcome. For information, call Michele at 303-651-8415.

Division of Senior Services offers recreation, informational programs, resource guidance, and services for those 55 years plus.

Registration

Please register in advance for all programs, classes, events, and trips. Our 52 page complete GO Catalog and Resource Guide can be found online at www.LongmontColorado.gov/senior-services or you may pick one up at the Senior Center. The catalog includes more complete information about the programs listed here.



Resources and Supportive Services

Senior Services Division staff provide information and referral to older adults and caregivers of older persons regarding a wide array of resources and services including; housing, in home services, financial support programs, and many others. Professional counseling staff and peer counselors provide one on one and group support. Resource staff; Veronica Garcia at 303-651-8716 or Amy Loberg at 303-774-4372 and Counseling staff; Brandy Queen at 303-651-8414. Specific support activities are detailed in the quarterly GO catalog and often include programs such as Advanced Directives and Medicare Basics. Support groups for Grandparents raising grandchildren, Parkinsons, Grief, and Caregivers.

Senior Computer Technology Center

A computer and technology learning program for adults 50+. Group classes and one on one support are both available for a wide variety of programs in Microsoft products, Windows, Genealogy, Apple products, e-readers, tablets, cell phones, and other new and emerging products and software. The quarterly GO catalog details opportunities.



A sample of our summer special events:

Denver Post Sports Writer – Dusty Saunders

Dusty Saunders was a writer-columnist at the late Rocky Mountain News for 54 years, specializing in television coverage for 40 years where he gained local and national fame. He loves to open it up to audience questions and he'll be selling and signing his book, "Heeer's Dusty: A Life in the TV and Newspaper World." Free.

June 5, Friday, 1-2pm

383006.00

A sample of ongoing summer activities:

- **Hiking** – weekly hikes in the gorgeous Colorado mountains
- **Softball** – watch as our four teams compete with other cities along the Front Range. We have 2 players that have been inducted into the national softball hall of fame!
- **Exercise & Fitness Classes** – it's never too late to start!

A sample of day trips and extended travel:

For costs and complete details, please read the GO catalog.

Lunch Wagon

Each month, visit a different restaurant for a nice or casual lunch, depending on the restaurant and dining style.

Casino Trips

Each month we travel the scenic roads to a casino in either Black Hawk or Central City. You're sure to win with the views alone!

Wicked

Back by "popular" demand! Long before that girl from Kansas arrives in Munchkinland, two girls meet in the land of Oz. One — born with emerald green skin — is smart, fiery and misunderstood. The other is beautiful, ambitious and very popular. How these two grow to become the Wicked Witch of the West and Glinda the Good makes for "the most complete — and completely satisfying — musical in a long time" (USA Today).

June 7, Sunday

381041.00

Cirque De Soleil – KURIOS

Reality is Relative - What if you could alter reality at will? Delve into a world of curiosity where seeing is disbelieving: the world of KURIOS™ – Cabinet of Curiosities from Cirque du Soleil®. The show immerses you in a mysterious and fascinating realm that disorients your senses and challenges your perceptions, leaving you to wonder: "Is it real, or just a figment of my imagination?"

June 14, Sunday

381040.00

More Trips on page 51.





Longmont Public Library

409 4th Ave • 303-651-8470

Spring Hours: Mon-Thurs, 10am-9pm;
Fri & Sat, 9am-5pm; Sun, 1-5pm

Summer Hours: Mon-Thurs, 9am-9pm;
Fri & Sat, 9am-5pm; Sundays closed
Summer Hours go into effect May 26

All programs at Longmont Public Library located at 409 4th Avenue unless otherwise noted. Please visit the Library web page www.longmontcolorado.gov/library for more details! Or call 303-651-8472. Also check us out on Facebook & Twitter!

Library Advisory Board

Nancy Carter	Genny Michael
Catherine Balan	Katie Fuller
Mark Springfield	Jeff Moore, City Council Liaison

**SCHOOL'S OUT
KICKOFF PARTY!**
May 21
for EVERYONE!
5:30 until 8 pm

- Magic Show with "Mr.E" Paul Kasemir from American Ninja Warrior
- Ice Cream Sundae Bar
- Free crafts and give-aways!

**even little
Heroes
have
a story!**
Ages birth to 4

**EVERY
HERO
HAS A STORY**
Ages 4 to
5th grade

UNMASK!
6th grade to
12th grade

**Art, concerts, stories, movies and more
from May 21 to August 1!**

See the calendars of children's and teen events on the web at
www.longmontcolorado.gov/library
or contact the Library at (303) 651-8477.

Para información en español favor de llamar al (303) 651-8783.



Stay curious this year with Longmont Public Library's 2nd annual adult summer learning program! This summer is all about DIY: "Dewey"- It-Yourself. The library is a great place to learn new skills, empower yourself and grow. Attend DIY workshops in June, July and August and win prizes just for showing up! On Saturday, August 15, we will hold a "Dewey"-It-Yourself Fair with indoor and outdoor demonstrations and refreshments. You could learn 20 new things in 2 hours!

This free program is open to the public and funded by the Friends of Longmont Public Library. Programs will be held at the Longmont Public Library, 409 4th Avenue in Longmont. For more information, please visit us online at www.longmontcolorado.gov/library and on Facebook & Twitter. Or call us at 303-651-8472. See you there!

Senior Services

Picnic and Music at Golden Gate Canyon State Park

Board the bus and head to the beautiful Red Barn tucked away in Golden Gate Canyon State Park. Chow down on a bar-b-que lunch, listen live music, and enjoy the scenery.

July 17, Friday

381038.00



Buffalo Bill's Museum and Grave

Boettcher Mansion, and Lookout Mountain Nature Center Explore beauty and history in the mountains of Colorado.

July 27, Monday

381039.00

Group Extended Travel for 2015 & 2016:

Deadwood, South Dakota - Aug 17-20, 2015

Four days and three nights in the rolling hills of South Dakota, filled with opportunities to gamble and sight-see Deadwood and Rapid City.

Registration #381037.02 (single room)

Registration #381037.03 (double occupancy)

A Star Studded Branson Christmas - Nov 13-17, 2015

What could be better than celebrating the holiday season with a trip to the Ozark mountains? Join us as we fly to Kansas City, Missouri and board our luxury motor coach to relax and view the scenery. Rolling hills and farms will help us "get our country on" as we journey to Branson, Missouri. The Christmas lights are up and Christmas shows and music are in every theatre! The excitement of this tour will build each day as we enjoy legends, live theatre, music, museums, comedy and more. So, relax

and start planning to come on down to Branson with us for "memories of a lifetime!"

Call Kari at 303-651-8495 for more information.

Rhine River Cruise - April 14 - 23, 2016

Explore, learn and take a once in a lifetime trip on this wonderful European journey from Amsterdam to Basel, on this group trip; hosted with staff from the Longmont Senior Center and Gold Key Travel. Start with a visit to see the tulips at the incomparable Keukenhof Gardens - then board your brand new ship, the Avalon Imagery II, for a cruise down the scenic Rhine River! State rooms available on the ship are limited, only a total 62 state rooms to begin with and they sell quickly. Make your reservations and deposit today if you are interested in this trip. An informational meeting will be held on June 3, Wed, at 2pm. Call Gold Key Travel at 303-776-7024 for more information.



LONGMONT MUSEUM

A Division of Community Services

Longmont Museum

400 Quail Road | Longmont CO 80501

303-651-8374 | www.LongmontColorado.gov/museum

Hours: Monday-Saturday, 9am-5pm | Sunday 1pm-5pm

Closed City Holidays | FREE General Admission

Special Exhibit Admission: \$8 adults, \$5 students/seniors (62+), children 3 and under free

Museum Advisory Board

Bryan Bowles, Chair

Dale Gilbert

Amber Shipco

Rosslyn Scamehorn, Vice Chair

Bonnie Finley, City Council Liaison

Camilla Briggs

Ellen Hartman

Richard Luke

Michelle Vessel

Susan Wise

Special Exhibit

Robots Rising

May 9 through September 20, 2015

Robots are coming up everywhere – in our homes, in our jobs, and even in the sky! What makes a robot work? This hands-on exhibition allows visitors to talk to, drive, and even dance with robots.

Admission: \$8 adults, \$5 students/seniors, free for ages 3 and under. Free admission on the second Saturday of every month
Opening reception: Friday, May 8, 6-8 pm, \$8 admission

Robots Rising Family Celebration

Join us in celebrating the opening of our newest hands-on summer exhibition Robots Rising! Enjoy activities in the exhibition, make crafts; enter a drawing to win fabulous prizes, and so much more!

All Ages: May 9, Sat, 1-3pm

Fee: Free, no registration required

Robot Film Series

Enjoy the full movie theatre experience, with theatre seating on a sloped floor. Save \$1 when you purchase film ticket and ticket to see Robots Rising exhibition

Location: Stewart Auditorium, 400 Quail Rd

Fee: \$2.50 members/ \$5 general public

Evening Film Series: Thursdays, 7:15pm

July 23 • Metropolis

A 1927 film directed by Fritz Lang, Metropolis is a groundbreaking silent film, a vision of industry and technology set in 2026. Not rated

July 30 • The Day the Earth Stood Still

The alien Klaatu comes to Earth in this 1951 film, accompanied by the eight-foot tall robot, Gort, to deliver a message of peace. Not rated.

August 6 • Blade Runner

Harrison Ford stars in this dystopian vision of androids and corporate malfeasance, set in Los Angeles circa 2019. Rated R.

August 13 • Robocop

A cyborg cop fights crime and his own submerged memories in a future Detroit controlled by corporations and gangs. Rated R.

Youth/Family Film Series: Saturdays, 1:30pm

July 18 • Short Circuit

After being struck by lightning, military robot Number 5 develops a personality and a peace-loving streak. Rated PG

August 15 • Robots

In a robot world, a young idealistic inventor travels to the big city to join his inspiration's company, only to find himself opposing its sinister new management. Rated PG

August 22 • Wall-E

Earth has been abandoned as a garbage dump, but one robot, WALL-E, works to clean it up. What happens when he meets EVE, a robot from a human colony in space? Rated G

Birthday Party Packages at the Museum

Basic birthday party package includes admission to the special exhibition and a 2-hour room reservation. We supply the hands-on exhibition and the party space; you supply the cake, dishes, birthday boy or girl, guests, and presents of course!
Basic party package: \$110 up to 11 children, \$150 up to 16 children

Craft Party Package includes the basic package plus 45 minutes of craft activity time in the Discover Room.

Contact Elaine.Waterman@LongmontColorado.gov for date availability and package details.

Craft party package \$170 for up to 11 children, \$225 up to 16 children

LEGO Mindstorms

9 to 14 yrs: Monday-Friday
Location: Longmont Museum, 400 Quail Rd
Fee: \$125 resident

Level 1: LEGO Mindstorms EV3 Basics

Build and program a robot using the LEGO Mindstorms EV3 kit. Your robot will have touch, color, ultrasonic and gyro sensors and a programming control structure.

9 to 14 years: July 20-24, 9am-12pm 394017.00

Level 1: LEGO Mindstorms NXT Basics

Use LEGO Mindstorms NXT kit to build and program a robot. Install touch, light, and ultrasonic sensors and a programming control structure.

9 to 14 years: July 20-24, 1pm-4pm 394018.00

Level 2: LEGO Mindstorms EV3 Core Models

Choose one or more LEGO Mindstorm EV3 models to build and explore using pre-written programs. Level 2 camps require the ability to work independently and tolerate frustration. Campers will build their confidence on the path to becoming independent learners.

9 to 14 years: July 27-31, 9am-12pm 394019.00

Level 1: LEGO Minstorms NXT From Dragsters to Tractor Pulls

Build a LEGO Mindstorm NXT Dragster from directions and perform time trials with a prewritten program. Continue to fine tune or create your own design from one NXT kit.

9 to 14 years: July 27-31, 1pm-4pm 394020.00
Location: Longmont Museum, 400 Quail Rd

Hogwarts School of Witchcraft and Wizardry Preparatory Academy

If you think that you just might be magical and wish to attend the world-renowned Hogwarts School of Witchcraft and Wizardry, then this summer camp is for you! Witches and wizards share their knowledge of magical skills such as Potions, Spells and Defense Against the Dark Arts.

8 to 11 years: July 20-24, M-F, 9am-12pm 394021.00
July 20-24, M-F, 1pm-4pm 394021.01
Location: Longmont Museum, 400 Quail Rd
Fee: \$148 resident

Myth, Monsters, Fairies and Fantasy

Together we will delve deep into the world of fairies, princesses, dragons, kings and knights. Campers will explore legends through drawing, painting, sculpture, stories, masks and other fun creations.

5 to 8 years: July 20-24, M-F, 9am-12pm 394012.00
Location: Longmont Museum, 400 Quail Rd
Fee: \$135 resident

Video Game Art

Does your child LOVE video games? This camp combines outdoor and real life activities with art and crafts related to popular video games! Design your best Minecraft block with Rice Krispies treats, make a Mario mustache, slingshot a real Angry Bird, and so much more!

5 to 8 years: July 27-31, M-F, 9am-12pm 394013.00
July 27-31, M-F, 1pm-4pm 394013.01
Location: Longmont Museum, 400 Quail Rd
Fee: \$135 resident

Art Exploration: Using Line and Shape in People and Animals

Learn about the basic elements and principles of art through many different media, such as clay and modeling, acrylic painting, watercolors, colored pencils, and printmaking. Create animal boxes and life-sized mixed-media self-portraits while exploring line and shape.

8 to 13 years: July 27-31, M-F, 9am-12pm 394024.00
July 27-31, M-F, 1pm-4pm 394024.01
Location: Longmont Museum, 400 Quail Rd
Fee: Half Day \$148; Full Day \$238

Archaeology Adventure I

Join a local archaeologist to investigate the intrigue of the past. Campers will use the tools of an archaeologist to analyze artifacts from Colorado's historic and prehistoric past. There will be traditional games and crafts, music, art and storytelling.

8 to 10 years: Aug 3-7, M-F, 9am-12pm 394006.02
Location: Longmont Museum, 400 Quail Rd
Fee: \$148 resident

Archaeology Adventure II

Join a local archaeologist to investigate the shelters created by ancient people of Colorado. Try traditional games, activities, and crafts. Learn how archaeologists collect and analyze data that shows how early Coloradans lived using artifacts, rock art and oral histories.

11 to 12 years: Aug 3-7, M-F, 1pm-4pm 394006.03
Location: Longmont Museum, 400 Quail Rd
Fee: \$148 resident

Our Amazing Universe

Immerse yourself in the cosmos while wandering through the stars. Learn about volcanoes in our solar system, how comets are created, the stories of the constellations, and much more. We will play with telescopes, paint pictures of planets, and so much more!

11 to 13 years: Aug 3-7, M-F, 9am-12pm 394023.00
7 to 10 years: Aug 3-7, M-F, 1pm-4pm 394023.01
Location: Longmont Museum, 400 Quail Rd
Fee: \$125 resident

Color Chemistry in the Landscape

What colors can we see in the landscape? This camp focuses on the foundations of art through clay and modeling, mixed media sculpture, acrylic painting, watercolors, colored pencils, printmaking etc. Each day we will use a different process to draw inspiration.

8 to 13 years: Aug 3-7, M-F, 9am-12pm 394025.00
Aug 3-7, M-F, 1pm-4pm 394025.01
Location: Longmont Museum, 400 Quail Rd
Fee: Half Day \$148; Full Day \$238

Summer Camps

Western Settlers Camp

Embark on a Longmont adventure in the time of the Wild West. Along the way, you'll gather trinkets for your "possibles" travel sack, pan for gold, play games, and meet a mountain man.

7 to 10 years: Mon-Fri, 9am-1pm

Dates: June 8-12 394002.04
June 15-19 394002.05

Location: Old Mill Park, 237 Pratt St.

Fee: \$148 resident

A Taste of Mexico

Get your passport ready! Take a 4-day imaginary journey to discover the history and celebrations of Mexico. Through music, dance, games and art kids will learn and reinforce basic Spanish language skills. Camp will be conducted in Spanish, all levels are welcome.

4 to 7 years: Mon-Thurs, 9:30am-12:30pm

Dates: June 15-18 394009.00

Location: Longmont Museum, 400 Quail Rd

Fee: \$150 resident

Surviving Out West

Don't just study history, live it! Learn early day Colorado skills including spinning, cooking over an open fire, churning butter, whittling, and roping. Great for kids who loved Searchers, Seekers, and Settlers.

11 to 14 years: Mon-Fri, 9am-1pm

Dates: June 22-26 394004.02

Locations: Various Locations

Fee: \$148 residents

Missoula Children's Theatre - The Wiz of the West

Missoula Children's Theater auditions, casts, rehearses, directs, and leads the performance of "THE WIZ OF THE WEST...a fairy tale with a twang." Auditions for 50 - 60 roles are cast on day one, those who make the cut are invited back to begin an intensive rehearsal schedule, leading to performances for friends, family, and community in the Museum's auditorium on Friday and Saturday nights.

Grades K-12: July 6-11, Mon-Sat, 10am-2:30pm

Auditions: July 6, Mon, 10am-12pm

Location: Longmont Museum, 400 Quail Rd

Fee: \$100 (fee due if accepted, auditions are free)

Story Time Art

Let's combine story time and craft time! Explore favorite stories like Click, Clack, Moo and Where the Wild Things Are, and make several crafts each day. Students should wear old clothes and bring a paint shirt. A great first-time camp experience for 3- to 4-year-olds that are potty trained!

3 to 4 years: July 6-10, Mon-Fri

Times: 9am-10:30am 394011.00
11am-12:30pm 394011.01

Location: Longmont Museum, 400 Quail Rd

Fee: \$75 resident

StART Walking Public Art Adventure

This public art adventure combines active living and art. What is public art? Who made it and why? We will walk through Old Town seeking out public artwork, reading the map to find the next surprise and unraveling stories en route.

6 to 10 years: July 10, Fri, 9am-12pm 394014.00

Location: Drop off and pick up at Roosevelt Park

Fee: \$15 resident

Modular Robotics Camp

Campers will build robots in the first hour of camp! Learn why robots are made, how they are used, and how robots can teach us about engineering, computer science, problem solving, team work, and even art! Presented in partnership with Modular Robotics.

10 to 14 years: July 13-17, 9am-1pm 394016.00

Location: Longmont Museum, 400 Quail Rd

Fee: \$148 resident

Singing Games

Learn to play children's singing games of many types: chasing and catching, hide-and-seek objects, finger plays, galloping, and echo songs. Decorate and play kazoos, make paper plate shakers, and paint t-shirts to wear at our final performance.

4 to 6 years: July 13-17, 9am-12pm 394022.00

Location: Longmont Museum, 400 Quail Rd

Fee: \$148 resident

Music Menagerie

Learn party dances, skip rope and ball bouncing songs, handclapping chants, cup passing, and rounds. Decorate and play flutophones, make balloon drums, create sidewalk chalk murals, and paint t-shirts to wear at our final performance.

7 to 10 years: July 13-17, 1-4pm 394005.03

Location: Longmont Museum, 400 Quail Rd

Fee: \$148 resident

Explore South America

Get your travel journals ready for a 4-day imaginary journey exploring the diverse cultures of South America. Campers will learn and practice basic Spanish vocabulary through music, dance, games and art. This camp will be conducted in English and Spanish, all levels are welcome.

4 to 7 years: July 13-16, Mon-Th, 1-4pm 394010.00

Location: Longmont Museum, 400 Quail Rd

Fee: \$150 resident

StART Biking Public Art Adventure

Young cyclists will bike the greenways in Longmont and beyond in search of public artwork! Learn greenway etiquette and group riding skills while discovering public artwork, and possibly meeting local artists along the way.

9 to 12 years: Jul 17, Fri, 9am-2pm 394015.00

Meet at Longmont Museum, 400 Quail Rd

Fee: \$20 resident



Longmont Police Department/Boulder County Sheriff's Office

Firing Range and Training Center

10916 Weld County Rd 5 | 303-774-4589 | RangeSupport@LongmontColorado.gov
LongmontColorado.gov/departments/departments-n-z/public-safety-department/firing-range

Civilian Hours of operation:

Friday 6-9pm | Saturday 8am-5pm | Sunday 8am-5pm

The Longmont Police Department and Boulder County Sheriff's Office Range is a great shooting and training facility. Used by law enforcement personnel during the week, the range is open specific weekend hours for civilian use. The firing range features 10 shooting stations ranging from 25 yards to 100 yards.



The Range offers shooting on Friday and Saturday from 1 to 25 yards with target retrievers controlled by the shooter. Every other Sunday, shooting will be conducted from the 75/100 yard lines for rifles. The Range offers a variety of classes such as Ladies Night, Introduction to Handgun, and Basic Handgun courses. An application process, including a background check and orientation class, is required of all individuals who wish to shoot at the Range (except for hunter site-in). The \$100 non-refundable application fee must be

submitted with application. Enrollment into one of six plans is required to reserve shooting time, family plans available. To start the application process, visit the website above.

Premier \$500/year
Includes unlimited - 1 hr visits + unlimited paid guest visits

Plan A: Expert \$400/year
Includes 50 - 1 hr visits + unlimited paid guest visits

Plan B: Sharpshooter \$350/year
Includes 35 - 1 hr visits + unlimited paid guest visits

Plan C: Marksman \$250/year
Includes 25 - 1 hr visits + unlimited paid guest visits

Occasional Shooter \$200/year
Includes 12 - 1 hr visits + unlimited paid guest visits

A La Carte \$20/per hour
Unlimited number of visits + unlimited paid guest visits

\$35 annual renewal fee for A La Carte plan

Employees of the City of Longmont, Boulder County Sheriff's Office, retired law enforcement officers and retired military are eligible for a 25% discount on all membership plans.



Union Reservoir

0461 Weld County Rd 26 | Longmont, CO 80504
303-772-1265

Union Reservoir is a 736-acre body of water offering the best in wakeless boating and a variety of other outdoor activities. For more information: LongmontColorado.gov/UnionRes

Union Reservoir Hours

Park Hours Daily from Sunrise to Sunset
Note: Hours subject to change

Admission Fees:

Vehicle	\$8
Trailored Boat	\$8
Bicycle/Walk-in	\$2/person
Season Pass	\$60/\$75
2nd Vehicle Pass	\$40/\$50
Senior Pass	\$35/\$44
2nd Vehicle Senior Pass	\$25/\$31
Trailored Boat Pass	\$45/\$56
Commercial Vehicles	\$75
Year-round Boat Storage	\$325/\$406

Union Scheduled Events

Limited access or park closure may occur during these events. Please call the reservoir office for additional information:

May 16: Triathlon
June 20: Kinetics
August 9: Triathlon
September 27: Triathlon

See pages 24 & 26 for SUP
(Stand Up Paddleboard) programs

Camping: May 1 - October 31

Available on Friday and Saturday nights and holidays. No camping Sunday through Thursday. \$12/night. Admission to camping does not include the gate fee. Book online at LongmontColorado.gov.

Fishing: Wiper, trout, catfish, perch, walleye, and crappie are abundant.

Boating Activities: Union Reservoir is wakeless.

Picnicking: Call 303-772-1265 for information on reserving shelter or picnic areas.

Swimming: A sandy beach with a roped-in waterfront area. Wading is not allowed outside of the swim beach area. Large groups are asked to call 1 week in advance of swimming.

Beach Hours: May 23-Aug 9
Mon-Thurs 10-6pm, Fri-Sun 10-8pm

Dog Training Area: Specific area set aside for off-leash land and water activities

Other Activities: A modern Playground and Sand Volleyball pit.

Open Water Swims (OWS)

Please note: for the safety of all, open water swims are exclusively for open water swimmers. Children and spectators are NOT allowed in the water to allow lifeguards to guard without distraction. Open water swim fee is per person and includes gate admission. Recreation facility passes NOT accepted.

May 9, Sat, 10-11:30am

June 2-September 19 *No 6/20

Tues & Wed: 5:45pm-7:15pm

Saturday: 8:45am-10:15am

June 12-July 24

Friday: 5:45am-7:15am

OWS unlimited pass	\$120
5 visit OWS pass	\$35
10 visit OWS pass	\$60
Drop-in OWS	\$8

Stand Up Paddle Board & Kayak Rentals

Visit <http://rockymtnpaddleboard.com/home/yoga-and-fitness-classes/schedule/> Fee: \$20/hour

Paddleboard Yoga, see page 25



Visitors Center



SANDSTONE RANCH

Sandstone Ranch Visitors & Learning Center

3001 E Hwy 119 • Longmont, CO 80504 • 303-774-4692

Visitors Center Hours:

Tuesdays 9am to noon, April 7 - August 25

Saturdays 10am-2pm, 2nd & 4th Saturdays, April 11 - September 26



Camps



Special Presentations



Nature Awareness Talks

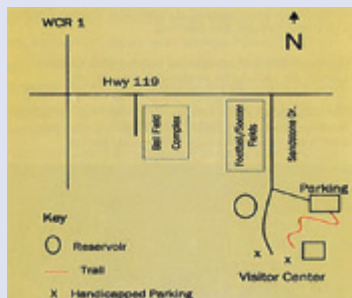
Sandstone Ranch Birthday Parties

Nature, explore, and more!

Ages 10 and under.

303-774-4757 to schedule.

Fee: \$140 for up to 10 children



How to Get to Sandstone Ranch Visitors Center

Sandstone Ranch Visitors Center is located just east of Longmont on Highway 119. The turn-off for the District Park and Visitors Center is one mile east of the Intersection of Highway 119 and Weld County Road 1. Drive south on Sandstone Drive (next to the football and soccer fields) and follow the directional signs to the Visitors Center/ Trailhead parking lot. Follow the walking trail down to the Visitors Center. Handicapped parking is available in front of the Visitors Center.

Did you know you can rent the Sandstone Visitors Center?

Reserve the scenic Sandstone Ranch House for your next small meeting, retreat or special event, including weddings, anniversary parties and family gatherings. A four-hour minimum reservation is required and all use of the premises must end by 10 pm. Indoor and outdoor space is available. For more information, visit LongmontColorado.gov/Sandstone, email SSRHouse@LongmontColorado.gov or call 303-774-4757.

Support Sandstone

Do you want to give to the Sandstone Ranch Visitors & Learning Center? The City of Longmont has a new Gift Giving program. Check it out: LongmontColorado.gov/donate or call 303-774-4692.

Community Nights

Bring your picnic and enjoy lawn games. Featured events begin at 6:30pm. Tuesdays, 5-8pm at the Sandstone Ranch Visitors & Learning Center

June 16 **Flynn & Company** - Folk Music

July 21 **Nature Night with Hawk Quest** – a participatory program where guests are able to observe the unique tools of the owl, incredible talons of the eagle, the aerodynamic features of the falcon, and the precision flying of the hawk. See a live eagle, owl, falcon, and free-flying hawk!

August 18 **History Night with The Legendary Ladies** – Visit with Emily Griffith, Educator; Rosamond Underwood, Socialite Teacher; Ellis Meredith, Suffragist; Mary Rippon, Professor.

Tuesday's Treasure @ the Ranch Free - \$2 per person suggested donation

Enjoy these self-guided indoor/outdoor educational stations around the house/property. Weekly themes. Registration not required. Tuesdays, 9-11:30am

April 14 **Plant Study**

April 21 **Beaver Fever**

April 28 **Skull Identification**

May 5 **Intro to Birding**

May 12 **Rocks & Minerals**

May 19 **History Mystery**

May 26 **Plant Study**

June 2 **Animal Strategies**

June 9 **Rocks & Minerals**

June 16 **Intro to Birding**

June 23 **Skull Identification**

June 30 **Nests & Eggs**

July 7 **Reptiles Alive**

July 14 **Scats & Tracks**

July 21 **Animal Strategies**

July 28 **Rocks & Minerals**

Aug 4 **Intro to Birding**

Aug 11 **Scats & Tracks**

Aug 18 **History Mystery**

Aug 25 **Nests & Eggs**

Sandstone Saturdays: 10am-2pm the 2nd & 4th Saturdays, April to September

Enjoy select dates with additional themed activities available.

April 11 **Spring Open House**

April 25 **Birds at SSR**, 10-11:30, Robin Boden, Presentation inside & walk outside

Plant a Family Pumpkin, 12:30-1:30, Robin Boden, Pumpkin history and planting

May 9 **Beginning Native Plants**, 10-11:30am Ronda Koski

May 23 **Nature & History Scavenger Hunt** –self guided
–stop in to pick up your search questions

Jun 13 **Lady Bug Discovery & Release**, 11am-Noon

Jun 27 **Geology of Sandstone walk**, 10am- Noon

Join Boulder County volunteer naturalists to explore and learn about the geology of Sandstone Ranch and Boulder County.

Lady Bug Discovery & Release 11am-Noon

Jul 11 **Meet the Bees**, 10-11:30am

Jul 25 **Arapaho Language Lecture**, 10-11:30am

Register 303-651-8404/ code: 306410.07

Aug 8 **Wild Life Photography**, 10am –Noon

Enjoy Sandstone Friday Fun in June and July!

See page 36 for details.

Save the Date:

Fall Harvest Day
Sept 19, Sat, 10am-1pm

Adult Art Workshops

Made possible by the Outreach Program of Longmont Studio Tour, these free classes require pre-registration, as space is limited. Register ahead with artist. All supplies are included. Wear washable clothing.

Ages 18 & Up:

May 9 Diane Wood

Jun 13 Nanci Imburgia

Jun 27 Diane Wood

Aug 22* Astrid Paustin

Saturday, 10am-noon *1pm

Pastel Workshop

Hand Needle Felting

Pastel Workshop 2

Silk Painting Workshop

303-678-7456

303-834-9729

303-678-7456

303-440-3770

Good to know:

- Park Shelters are \$35/day unless otherwise noted.
- Popular Shelters are listed; a full list is available online.
- Reservations are accepted for the months April-October. Shelters are first come, first served November-March.
- A Use of Public Places Permit (UOPP) is required if your event:
 - Invites the Public
 - Involves a charge or donation to attend
 - Modifies the site – i.e. bringing in tents, tables, stage, etc
 - Includes alcohol

A UOPP Permit is available online at LongmontColorado.gov, search “UOPP”. In person applications are taken at the City Clerk’s Office, Civic Center, 350 Kimbark. Questions about the UOPP process? City Clerk’s Office: 303-651-8649



Discover More with Park Finder

Longmont has a total of 42 parks that offer a wide variety of settings and experiences. Whether you’re looking for an active adventure or a peaceful respite, you’re sure to find just the right park for the occasion by using our online park finder. Visit bit.ly/parkfinder today and discover all the possibilities.

Park Shelter Reservations

Popular Shelters-Northeast

Stephen Day

Wheels park, courts for sand volleyball and basketball, an all-ages water-spray area. Two shelters with three picnic tables and grills each. Available are an off-leash dog park and a playground.

Rough and Ready Park

Courts available for bocce ball, horseshoe tossing, sand volleyball and basketball. A playground and Wheels park as well as two shelters covering three picnic tables and a grill each. There is also a crawdad exploration area and an off-leash dog park.

Lanyon Park

Available at this park are three baseball fields, a basketball court, two shelters, a restroom and a playground.

Jim Hamm Nature Area

A spacious walking path encompasses this westward facing park, which includes a shelter area with picnic tables and a grill.

Popular Shelters-Southeast

Kensington

This park has a shelter, a restroom, picnic and BBQ area and a basketball court.

Collyer

Two tennis courts, a volleyball court, playground and two shelters.

Rothrock Dell Park

This park includes a baseball field, basketball court, roller-hockey court, playground and shelter with picnic area.

Sandstone

Four baseball fields, five soccer fields (two with lights), an adventure playground area, skate park, five shelters (three of which are reservable), and two concession stands. E-5 is on the western side of the playground; E-4 is on the east side of the playground with a line-of-sight to the nearby water-spray area; the large shelter at the playground with the restrooms (E-3) is not rentable. E-2 is on the southeast portion of the park, far from playgrounds, has electricity, and is \$25/hour.

Popular Shelters-Northwest

Flanders Park

Volleyball court, combination basketball/roller hockey court, shelter and a picnic with a BBQ pit, and capability for fishing.

Dawson Park

Two tennis courts, volleyball court, playground, two shelters, one restroom attached to the eastern shelter, capability for fishing.

Hover Acres Park

This park has a shelter, two tennis and volleyball courts, basketball court, as well as a combination football and soccer field.

Loomiller Park

This park offers a 9-hole disc golf course, a playground as well as two sheltered picnic areas with a BBQ pit.

Carr Park

This park includes a shelter, playground, roller hockey, football/soccer, tennis and basketball courts (four each) as well as a baseball field.

Popular Shelters-Southwest

Izaak Walton Clubhouse

\$200 building deposit (refundable when keys are returned and the condition of the building is good), \$25/hr on weekdays before 5pm; \$50/hr weekdays after 5pm and on weekends. Capacity 95; parking spaces are limited and not reservable.

Willow Farm Barn & Shelter

\$200 building deposit, \$50 surge protector deposit (both refundable when keys are returned and the condition of the building is good), \$45/\$56.25 (resident/non-resident) for four hours or less, \$70/\$87.50 for four to eight hours. Parking spaces are limited.

Thompson Park

Two shelters, electricity, playground, grills.

Roosevelt Park

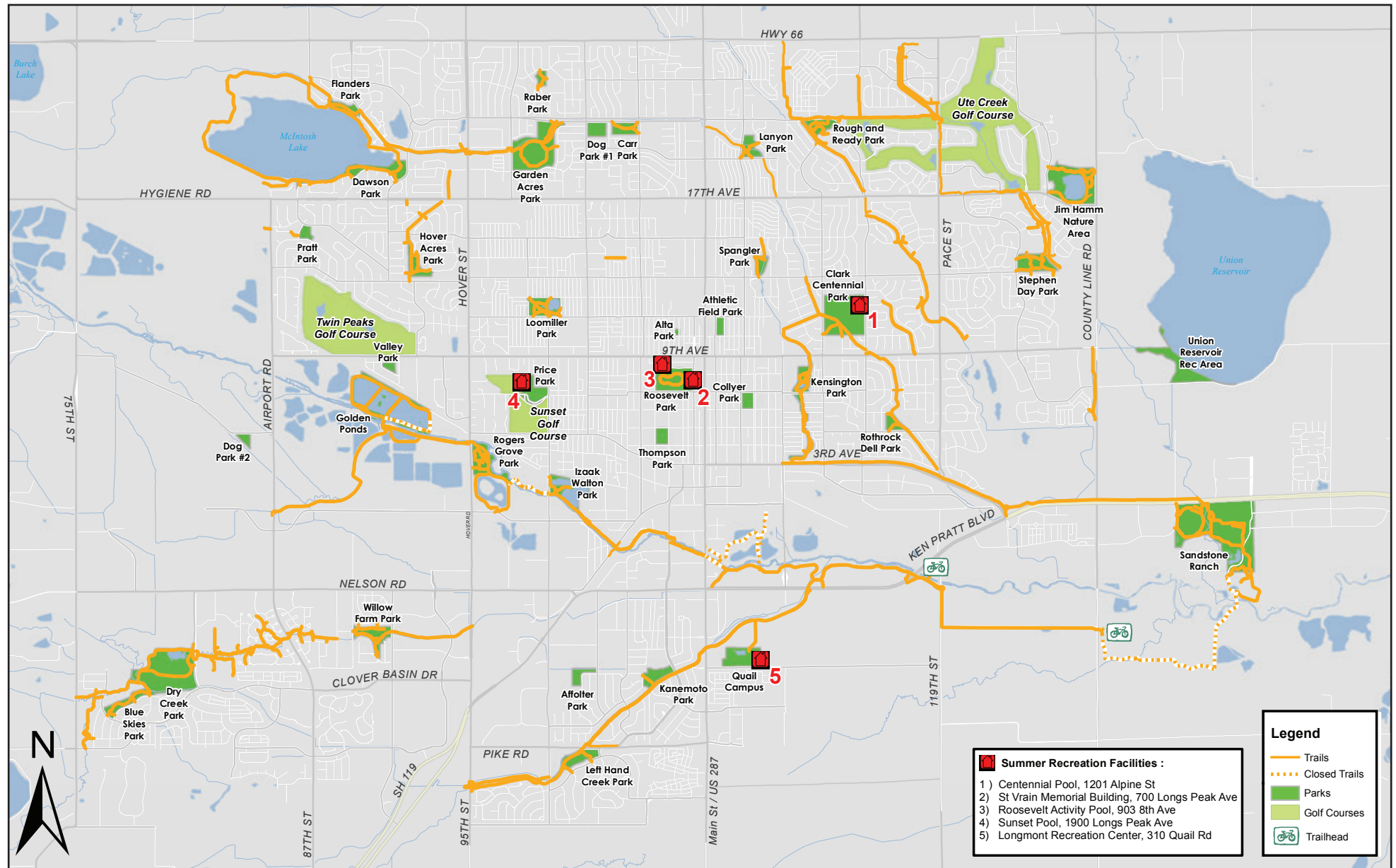
Old Stone Shelter with electricity, near playground and restrooms.

Left Hand Creek Park

Two shelters, three basketball courts, a volleyball court, a roller hockey court and football/soccer fields. A playground is available.

Blue Skies Park

Two shelters, basketball court, roller hockey/wheels park, restroom and playground.



See a complete list of shelters and make reservations online: www.LongmontColorado.gov/park-shelters

Facility Rentals

The City of Longmont and Longmont Recreation Services have a number of facilities that are available to rent for a meeting or special event. Fees listed are for Longmont residents, non-resident rate slightly higher.

Cancellations with two weeks notice or less are subject to loss of deposit and/or loss of a percentage of fees paid.

Please be aware that special permits are required if you are holding a large event, charging admission or serving or selling alcohol.

LONGMONT RECREATION SERVICES

All Recreation Services facilities offer during-hours and after-hours rentals. LongmontColorado.gov/rec



Centennial Pool

1201 Alpine St • 303-651-8406
Multipurpose Room
Pool Rental



Sunset Pool - Seasonal
1900 Longs Peak Ave • 303-651-8300
Indoor Meeting/Party Room
Outdoor pool and shade shelters



St Vrain Memorial Building
700 Longs Peak Ave • 303-651-8404
Meeting/Party Rooms
Gymnasium

Roosevelt Activity Pool - Seasonal
903 8th Ave • 303-651-8406
Outdoor pool and shade shelters

Kanemoto Activity Pool - Seasonal
1151 S Pratt Pkwy • 303-651-8406
Under construction 2015

Roosevelt Pavilion
725 8th Ave • 303-651-8404
Outdoor cabana space

Athletic Fields - Seasonal
Long & short term reservations
Contact: 303-774-4758



Longmont Recreation Center
310 Quail Rd • 303-774-4800
Meeting/Party Rooms
Gymnasium | Pool Rentals



**Sandstone Ranch
Visitors & Learning Center**
3001 E Hwy 119 | 303-774-4757
Small venue for weddings, anniversaries, meetings, retreats and other services.

Willow Farm Barn
901 S. Fordham St • 303-651-8404
Enclosed shelter with six picnic tables adjacent to playground and modern restrooms. Seasonal. Cost is \$45 half-day/ \$70 whole-day; \$200 deposit required, \$50 deposit for electrical outlet.

Golf Course Facilities
Sunset | 303-651-8466
Twin Peaks | 303-651-8401
Ute Creek | 303-774-4342
Meeting/Banquet room amenities, capacities, and rental fees vary per site. Deposit required.



Izaak Walton Clubhouse
18 S Sunset St,
access via 3rd & Sunset St
Contact: 303-651-8404
Capacity: 95 people with tables & chairs
Cost is \$50/hr for pm/weekend/ holidays;
\$25 weekdays. \$200 deposit required
LongmontColorado.gov/rec



Historic Callahan House

312 Terry St | 303-776-5191
Capacity In-house event: 80
Sit-down meals: 50
House and garden: 150
Weddings & Receptions, Parties, Meetings, Retreats. Full-service catering available. Cost varies; deposit required. LongmontColorado.gov/Callahan



Park Shelters -

For reservation April - Oct.
Many of our parks provide shelter structures that offer an excellent place to host gatherings or special events. There are two ways for you to reserve a shelter:
· online: LongmontColorado.gov/park-shelters
· telephone: (303) 651-8404
Cost is \$35/day for most shelters

Senior Center

910 Longs Peak Ave | 303-651-8442
Nights and Weekends Only.
Capacity varies from small classroom to large event room with seating up to 250 people. Cost varies by room size, \$30/hr to \$125/hr; Deposit required. LongmontColorado.gov/senior-services

Longmont Museum

400 Quail Road | 303-651-8374
Multiple spaces from 50-person classroom to 250-seat auditorium, available starting summer 2015

Longmont Public Library

409 4th Ave | 303-651-8795
Capacity: 12 to 90 people
Classroom and meeting space
Free -Only non-profit/educational usage.

Fire Station Community Rooms

Fire station #3: 1000 Pace St
Fire station #5: 617 Barbbery Dr
Classroom Space, Capacity (each room): 50
Contact: 303-651-8437 or
LongmontColorado.gov, search "Fire Station Reservations"